



Prone Prop/Cobra Stretch

The purpose of this stretch is to elongate the soft tissue deep in the front of the spine. It will also assist in stretching the low back. You should progress from “slouched elbows” to “high elbows” to “extended elbows” prone prop as tolerance allows or as directed by your therapist. You should be able to tolerate each position for approximately five minutes before progressing to the next stage. Slowly increase the hold time from one minute, progressing to five minutes daily. May be performed more than once daily as tolerance improves.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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