

Marin Physical Therapy

“Flossing”

Start with head, neck, and thoracic spine bent forward (in tension), and leg extended at the hip, bent at the knee, and toes pointed down at the ankle (in slack).



Move head, neck, and thorax into slight backbend (into slack), then flex the hip forward, straighten the knee, and draw your toes up to you (into tension) and hold. Reverse this order to get back into the starting position. This means start by pointing toes down, bending knee, extending hip, then move head neck and thorax into forward bending. Repeat this cycle 3-5 times.

The only mistake you can make is to have your head and leg forward at the same time.

