

## Alexander Technique - The Semi Supine Position

### Give your back a break

Many of us suffer back trouble caused by a number of activities. To date I have identified bad mattresses as the prime cause, but other causes are also evident.

Here is an extremely useful activity requiring only a little space and time.

Semi Supine is where you lie on your back on a firm flat surface, with your feet flat on the floor and your knees pointing up to the ceiling. The knees and feet are approximately hip width and a half apart.

Initially you may like to experiment with how far apart you have your knees and find out what feels most comfortable and supported for you.

Ideally you would place a thin book under the head, the exact thickness of which would be determined by your posture. The book is to align the cervical (neck) vertebrae, so that the neck lies flatter against the floor.

Allow your arms to drop and your hands will automatically find a resting position on your body, with your elbows on the floor.



#### **In the Posture:**

It is important to note, that although the aim is to relax during semi supine, it is more beneficial if you can maintain awareness throughout, rather than drifting off into sleep or semi-sleep. So keep bringing your self back to how your body is feeling. Perhaps become aware of how your body is lying against the floor; Noticing which parts are in contact with the floor, and then allowing your body to be supported at these places, fully giving way to gravity and sinking into the floor.

Just breathe ----- and Relax – Don't go to sleep!

20 minutes is the ideal time to lie in semi supine to get the full therapeutic benefits, however just 5 or 10 minutes a day is still effective. However realistically with our busy lives, anywhere between once a day and three times a week is good.

When coming out of semi supine, do so slowly and with awareness. Roll to one side first before coming up to sitting.

**Benefits:**

The main effect of semi supine position is to realign and lengthen the spine and so reduce unnecessary muscular tension. By releasing and freeing up the neck your head can move forward and upward, relative to the neck, and the spine can lengthen and the back widen.

This position encourages your body to move out of any habitual postural patterns of rigidity and undue tension, so that your musculature can work appropriately.

You might experience increased energy levels due to a decrease in muscular effort and excess tension.

For people suffering from any form of back pain or back injury, then semi supine may be the favourable resting position. Using it at home daily may be of great benefit in alleviating any regular discomfort and pain.

**Problems:**

Initially you might find that your knees want to fall outwards, and it might feel like it requires a big muscular effort to maintain this position.

**Ongoing:**

Major benefits are obtained from ongoing daily use of this technique.

At any time, please ask for a demonstration, or advice. This very simple exercise has been proved to take control of long term back problems, and in turn, give pain relief to sufferers of long term pain.