

Wall Sit Exercise



- Stand with your back against a wall/door.
- A gloss door makes it easier to slide up and down. (If using a door, ensure you use the side of the door that closes into the door frame).
- Feet are hip width apart.
- Place your feet about 2 foot from the wall, this is far enough forward that your knees will not move forward of your toes.



- Flatten your back against the wall and tighten your core muscles.
- Ensure your back is not arched.
- Your heels should be under your knees.
- Having your feet too far back will put a lot of pressure on your knees.



Do not arch your back



- Slowly slide down the wall.
- Go as far as you feel comfortable to hold.
- Aim to have your thighs parallel to the floor. (It may take days or weeks to achieve this position.)
- Ensure your knees do not fall into the midline, or your body to sway to one side.



Feet too close to the wall will put strain on your knees



- Hold for as long as you can maintain the correct posture and increase the time with each attempt.
- Aim for at least 1 minute.
- To return to an upright posture, push equally into both feet while keeping your back against the wall.
- Repeat 3 times.

N.B. If any posture causes pain, stop the exercise and speak to someone at Windsor Chiropractor.