FLEXION DIRECTIONAL PREFERENCE

Definition:
• Symptoms move down leg while bending backwards (ie, peripheralize) and move back up the leg toward the back while bending forward (ie, centralize).

Basic Principles:
1. Avoid prolonged standing and bending backwards during any household activities.
2. Sit in chair to perform activities.

EXTENSION DIRECTIONAL PREFERENCE

Definition:
• Symptoms move down leg while bending forward (ie, peripheralize) and move back up the leg toward the back while bending backward (ie, centralize).

Basic Principles
1. Avoid bending forward and prolonged sitting.
2. Maintain upright spine during all movements.

* Directional preference is determined by your physical therapist.

REFERENCES
**EXERCISING**

**Flexion Directional Preference**
- Walk or run on an inclined treadmill
- Ride a bicycle
- Resistance exercises while seated

**Extension Directional Preference**
- Walk or run on a flat treadmill
- Elliptical
- Resistance exercises while standing

**WATCHING TV OR RESTING**

**Flexion Directional Preference**
- Lie on back with knees bent over a pillow (A)
- Sidelying with hips and knees bent to 90° (B)

**Extension Directional Preference**
- Lie on stomach, propped on elbows (C)

**LAUNDRY**

**Flexion Directional Preference**
- Stand with both feet flat on floor while bending forward to pick up laundry
- Fold laundry sitting at a table

**Extension Directional Preference**
- Kick one leg back while hinging forward at the hips on standing leg
- Fold laundry while standing at counter

**FOOD PREPARATION**

**Flexion Directional Preference**
- Sitting at a table

**Extension Directional Preference**
- Standing at a counter

**POSTURE**

**Flexion Directional Preference**
- Draw belly in toward spine as shown (D)
- Maintain slight forward bend in low spine

**Extension Directional Preference**
- Bring buttocks back (E)
- Maintain slight backward bend in spine

**DIRECTIONAL PREFERENCE MAY CHANGE!**

- If symptoms start to move down the leg during exercises or activities prescribed, follow-up with your physical therapist as your directional preference may have changed. This is not uncommon.
- It is also not uncommon for symptoms to become worse in the low back as the symptoms become less in the legs.