



OPEN BOOK STRETCH

Start by lying in the position shown in the top picture on your side with your arms out straight and one hand on top of the other. Roll your body backward as shown in the bottom picture keeping one arm still and moving the other arm backwards toward the mat/bed (like opening a book). You should feel a gentle stretch across your back.



Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 1 Times a Day



Thread The Needle

Start by kneeling on all fours. Position body neutral with knees about at 90 degrees. Elbows are slightly bend. Reach across with one arm by rotating trunk until hand reaches through between the opposite arm and knee. Slide back of hand on ground so body reaches at a diagonal angle. Reach as far as you can in a pain free range.

On the way back up rotate the opposite way be reaching hand to the back of your head by bending elbow and raising elbow the the sky. Again rotate as far as you can but stay in a pain free range. Rotate as far as you can tolerate. Breathe out as you reach.

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 1 Times a Day



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.



Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day



PRESS UPS

Lying face down, slowly press up and arch your back using your arms.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day



CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Variations:

- Walk your hands out to one side to stretch your trunk on the opposite side.
- Position feet wider than knees to stretch out lower half of pelvic floor.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day



CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the RIGHT side to stretch your LEFT low back.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day