

General Spinal Stretches

9: NECK MOVEMENTS - UP AND DOWN

Look up and then down, repeat. If you find tightness in an area, spend more time in the area to loosen up. You can add light pressure with your hand to increase the stretch in tight areas.



10: NECK MOVEMENTS - SIDE TO SIDE

Turn your head to look over one shoulder then the other, repeat. If you find tightness in an area, spend more time in the area to loosen up. You can add light pressure with your hand to increase the stretch in tight areas.



11: NECK MOVEMENTS - EAR TO SHOULDER

Take one ear to your shoulder, repeat other side. If you find tightness in an area, spend more time in that area to loosen up. Add light pressure with your hand to increase the stretch.



9: TRUNK SIDE FLEXORS

Stand with feet comfortably apart. Fold arms above head. Bend to the side slowly. Stretch up with upper elbow.



5: UPPER BODY TRUNK ROTATION (MID RANGE)

With feet shoulder width apart, a straight back and slightly bent knees. Swing arms across body at waist height to stretch lower back. Move arms to shoulder height and above your head to stretch mid and upper back.



Frequency of Stretching

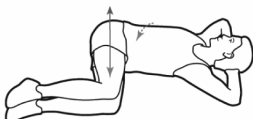
Begin gently. Hold each stretch for 10 seconds

Cervical stretches:
 Every stretch twice a day, for 4 weeks
 Then once a day, ongoing

Lumbar stretches:
 Every stretch twice a day, for 4 weeks
 Then once a day, ongoing

6: LOWER BACK

Lie with hands behind head, arms flat. Bend hips and knees at 90°, feet together. Roll knees over to ground. Upper knee should be directly above lower knee.

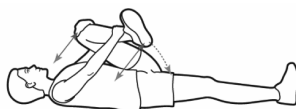


10: BUTTOCK

Gluteals - Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.



Piriformis - Lie on back and hold knee to chest. Pull knee and ankle towards opposite shoulder.



General Exercise

Pick exercise that you enjoy

Vary your exercise

Set goals for yourself

Minimum should be 30min per day

If starting out, ease into it, slowly increasing the duration and intensity