



Full Spine Mobility Warm-Up. Do this first!

While in a crawl position, lower your buttock a little towards your feet to get in a lower position as shown.

Next, with a hand behind your head, rotate your body and your head to the side, then return. □

Do NOT strain to reach more range of motion. Proceed to your gentle end range and stop.

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 2 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.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 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 side.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 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 GENTLY arch your back in the opposite direction.

Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



SIDE LYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.

Repeat 5 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



SEATED LATERAL TRUNK STRETCH

While in a seated position, raise up your arm and bend to the opposite side for a stretch.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day