

Spinal Stretching Program

Things to be aware of prior to stretching

- Ease into the stretch
- Breathe calmly and slowly
- Never stretch into pain
- Hold all stretches for 20-30seconds
- Always stretch both sides

Bent Knee Rolls

Keep knees up towards chest and use your abdominal muscles to control the rolling from left to right

Roll from left to right and back in a slow constant motion 10 times



Lower Back Twist

Both shoulders should remain on the floor
The stretch should be felt in the lower back region

Stretch both sides

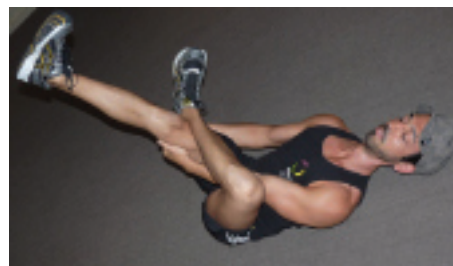


Piriformis Stretch

Bring leg up towards your chest

The stretch should be felt in the buttock region

Stretch both sides



QL Stretch

Shoulders should be in line (not perpendicular) with the straightened leg, if you can't touch your toes grab on to your leg

The stretch should be felt in the lower back, flank region

Stretch both sides

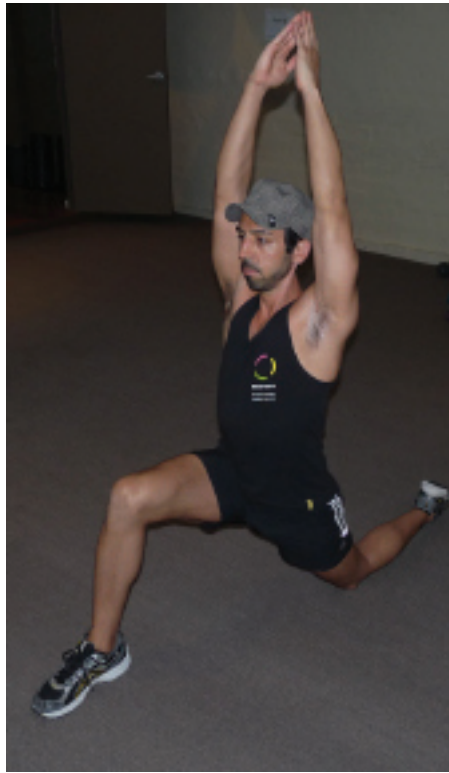


Low Lunge Pose

Shoulders and hips should be square and sit over each other (do not lean forward) and reach upwards

The stretch should be felt in the hip and thigh region

Perform on both sides



Extended Triangle Pose

Front foot points forward and the back foot sits perpendicular to the front foot

Shoulders and hips should sit in the same plane (do not lean out over hips), legs should be straight (do not bend knees) and look upwards

The stretch should be felt in the groin and lower back, flank region

Perform on both sides



Cat Back Pose

In position 1, make sure the head is tucked in and arch as high as possible

In position 2, look up to the roof and flatten the back as much as possible

Do not bend the elbows in either position

The stretch should be felt along the spine

Repeat 10 times (up and down is one)



Prayer/Childs Pose

Tuck the chin in and use your shoulders to flatten your mid back as much as possible

The stretch should be felt through the middle of the back

