

BACK/SPINE EXERCISES

Perform 3x per week
Adjust as needed
Avoid/limit any movement that aggravates

Optional rehab:
Heat 5-10 mins
Massage 5-10 mins
Tens
Red light

1 Sphinx Pose/Cobra pose



1. Begin lying face down with your elbows tight to the body.
2. Perform a resisted stretch by engaging your abdominals and maintaining resistance through the abdominals while you use your arms to pull you into an arched position of the spine as shown in the picture.
3. Do not stretch beyond the position that you can maintain abdominal control.

Complete 2 set Hold 15 secs

Modification:
Straighten elbows

2 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.

Complete 2 set Hold 15 secs

3 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.

Complete 2 set Hold 15 secs

4 DOWNWARD DOG



Start in a crawl position (on hands and knees) so that your hands are under your shoulder and your knees are under your hips.

Next, walk your hands forward and then lift hips up towards the ceiling as you straighten your knees and elbows as shown. Tighten your quads and if able you can lower your heels to the floor. Hold this position. Slow deep diaphragm breathing the entire time.

Complete 3 set Hold 10 secs

5 WARRIOR 1 POSE - YOGA



Start by taking a step into a lunge position so that your front knee is bent and your back knee is straight. Tighten your abdominal muscles moving your naval inward towards your spine. Raise your arms over your head.

The toes of your front foot should be pointed straight ahead and the toes of your back foot should be pointed to the side. Your chest, trunk and head should be pointed forward.

Hold this position. Perform slow deep diaphragm breathing the entire time.

Complete 3 set Hold 10 secs

6



LOWER TRUNK ROTATIONS - LTR - WIG WAGS - KNEE ROCKS

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Repeat 3 times Hold 5 secs

7



DOUBLE KNEE TO CHEST STRETCH

While Lying on your back, hold your knees and gently pull them up towards your chest.

Modification:

Open hips, pull knees apart, then pull knees to chest

Complete 2 set Hold 15 secs

8



Reclined Pigeon - Figure four

Start laying on your back with both knees bent and the bottoms of your feet on the ground hip width apart. Place your target leg's ankle above your opposite knee. Pull your legs towards your chest, you can place your hands on either the back of your target leg's thighs or the front of the shin. Pull your target leg's toes towards your shin to engage your leg and protect your knee. Breathe deeply.

Complete 2 set Hold 15 secs

9



BRIDGE - BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.



Complete 3 set Hold 10 secs

10



STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Repeat 3 times Hold 5 secs

11



Kneeling World's Greatest Stretch

Starting Position: Kneeling on the ground with one knee, your other knee is bent at a 90-degree angle in front of you with the knee directly over the ankle. Place both hands on the ground on the inside of your front foot.

Movement: Keep the hand closes to the knee on the ground. Rotate your upper body away from the knee extending the arm/hand to the ceiling. Keep the head and neck in neutral alignment with the spine. Pause. Return to the starting position. Then keeping the hand farthest from the knee on the ground rotate the upper body towards the knee extending the arm/hand to the ceiling. Keep the head and neck in neutral alignment with the spine. Pause. Return to the starting position.

Complete 2 set Hold 15 secs