

Spinal Flexibility Exercises

1. Prone Lying

Lie flat on your stomach. Place towel roll under your forehead. Begin by staying in this position for 10-15 seconds. Gradually increase to 5 or more minutes. Try to assume this position several times a week.



2. Prone On Elbows

Lie on your stomach. Raise your upper body by placing your elbows under your shoulders. Lean on your elbows and forearms so that your low back, pelvis and legs are relaxed. Concentrate on allowing your low back to sag. Return to starting position.

☞ Place pillow under stomach

Begin by holding position _____ seconds.

Build up to _____ seconds/minutes.

Do _____ repetitions _____ times per day/week.



3. Hands and Knees Sag

Position yourself on hands and knees with knees under hips and hands under shoulders. Head should be in line with your body. Let low back sag down while raising head slightly.

Hold each repetition _____ seconds.

Do _____ repetitions _____ times per day.



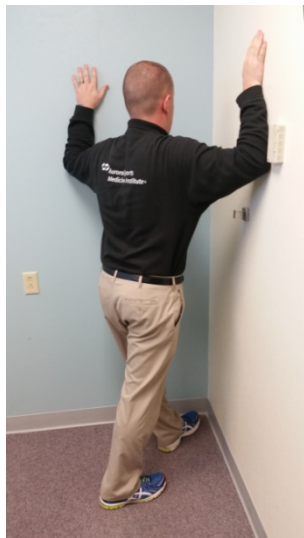
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4. Corner Pec Stretch

Slowly lean your chest forward while maintaining slight low back curve. Do not allow shoulders to shrug or pull forward. You should feel a pulling sensation in the front of the chest.

Hold each repetition ____ seconds.

Do ____ repetitions ____ times/day



5. Standing Back Bend

Place hands on lower back. Keep chin down and arch back slowly.

Hold for a count of 3. Return to starting position.

- Repeat, placing hands slightly higher on the low back.

Do ____ repetitions ____ times/day.



6. Wall Arch

Face a wall with toes _____ inches away from the wall. Place palms on the wall at shoulder height with elbows slightly bent. Take a deep breath as you stretch your arms up the wall. Let your hips move forward toward the wall. Hold for a count of 3. Move hips away from the wall and lower your arms to the starting position. As you become more flexible, you may move your feet further away from the wall.

- Progression: Lift arm away from wall maintaining neutral spine

Do _____ repetitions _____ times/day.

