

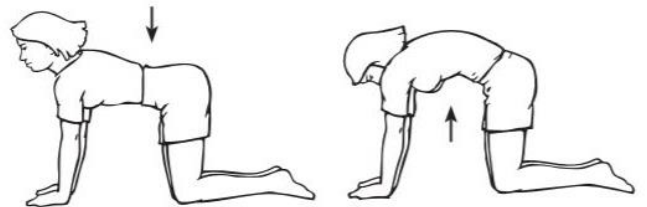
Spinal Stretches

While our focus in this program is posture of the neck and shoulders, the entire spine is of vital importance to our overall health. For those of you who have back pain, these stretches should be completed regularly, meaning once a day or every other day until the pain has resolved. For those of you who do not have back pain or are not currently experiencing back pain, these stretches are ideal to complete every 3-4 days as a preventive measure and to get the spine loose and active. Many of you may already do regular activity that involves a lot of these stretches. Most of them are completed during a yoga routine. Just make sure that if you need to add a stretch or two to your routine that you do so.

Below is a breakdown of the exercises shown in the video with a brief description of where to start and how to increase them over time:

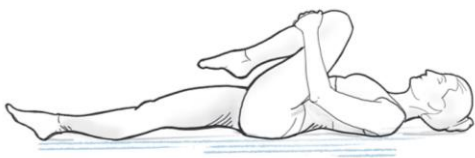
Cat/Camel Exercise

Hold each position as demonstrated in the video for 5 seconds before switching to the previous position. Start by holding each position 5 times. Every week add one more hold to each position until you are holding each position for a total of 10 times.



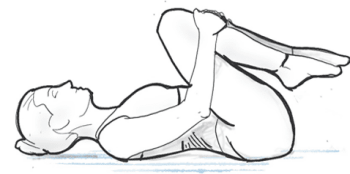
One Leg Pull-In

Slowly bring one leg towards your chest and then grab your knee with your hands and pull it close to your chest. Hold the stretch for 30 seconds. Then switch and use the other leg. Complete the stretch on each side 3 times. Every week add 5 seconds to each hold until you reach 45 second holds.



Two Leg Pull-In

Slowly bring both legs toward your chest and then grab your knees with both hands and pull your knees to your chest. Hold this position for 30 seconds. Complete the stretch 3 times with a short rest in between. Every week add 5 seconds to each hold until you reach 45 second holds.



One Leg Crossover

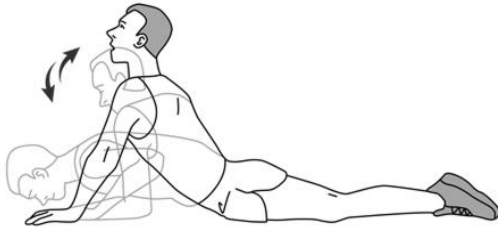
Slowly bring one knee across your body and let it relax down to stretch the back. Hold this position for 30 seconds. Then switch and use the other leg. Make sure you can feel the stretch in your back and gluteal region. Complete the stretch on each side 3 times. Every week add 5 seconds to each hold until you reach 45 second holds.



Spinal Stretches

Two Leg Rotation

Slowly rotate both knees across your body to one side and let them relax down while keeping the back flat on the ground in order to stretch the back. Hold this position for 30 seconds. Then switch to the other side. Make sure you can feel the stretch in your back. Complete the stretch on each side 3 times. Every week add 5 seconds to each hold until you reach 45 second holds.



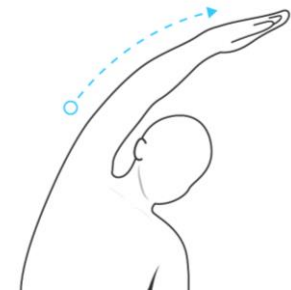
McKenzie Extension Exercises

Laying on your stomach use your arms to push your chest up off the ground and extend the back without using the back to lift your body off the ground. Hold this position for 15 seconds then relax. Complete this stretch 5 times. Every week add one more hold to each position until you are holding each position for a total of 10

times.

Lateral Flexion

This can be done sitting or standing. Lean and reach one arm over the head to stretch and elongate the spine on the side with the arm up. Hold this position for 15 seconds. Then switch to the other side. Complete the stretch on each side 3 times. Every week add one more hold to each position until you are holding each position for a total of 5 times.



Hamstring Stretch

Stretch one leg at a time with the other leg tucked in. Reach out toward the outstretched leg as far as you can and hold. Hold this position for 30 seconds. Then switch to the other side. Make sure you can feel the stretch in your back. Complete the stretch on each side 3 times. Every week add 5 seconds to each hold until you reach 45 second holds.

It will take some time and effort to do these stretches correctly. Be sure you complete them as a routine and set aside the necessary time to complete it. If any of these stretches cause pain or discomfort, please stop and inform us on your next visit. We will help you find the necessary modifications that need to be made. As you move through your program, you should be able to complete these stretches. We look forward to hearing how your first stretch routine went!