**Back Stretching Home Exercise Program**

You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: M6C372EK

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| **Child’s Pose**null | * Begin on all fours.
* Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.
* Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.
* Complete 3 sets holding for 20 seconds.
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| **Side bending Child’s Pose** nullnull | * Begin sitting on your shins.
* Place your knees wider than your torso and your toes together. Reach your arms forward on to the mat placing your head on the floor. Pause for a breath. Walk your hands as far as you can to one side, likely placing them off your mat. Repeat going to the other side. Return to center, and sit upright.
* Try actively reaching through your arms to enhance the side bending stretch. Attempt to keep your opposite hip down. For example: if you walk your hands to the right, ground your left hip down to increase the side bend.
* Complete 3 sets holding for 20 seconds.
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| **Cat Cow**nullnull | * Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.
* Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.
* Make sure to use your entire back for the motion and keep your movements slow and controlled.
* Complete 10 repetitions holding each position for 3-5 seconds.
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| **Thread the Needle**nullnull | * Begin on all fours.
* Slowly sit your hips back towards your heels, then reach one arm under your trunk, allowing your shoulders to rotate and hold. Repeat on the opposite side.
* Make sure to keep your neck relaxed and look at your hand as you move your arm.
* Complete 5 repetitions each side, holding each position for 3-5 seconds.
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| **Open Books**nullnull | * Begin lying on your side with your bottom leg straight, your top leg bent at 90 a degree angle, and your arms straight on the ground together.
* Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time.
* Make sure to keep your top leg on the floor and only go as far as you can without arching your back.
* Complete 2 sets of 10 repetitions on each side, holding for about 3 seconds.
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| **Piriformis Stretch**null | * Begin by lying on your back with your knees bent. Cross one leg over the other so your ankle is resting on your opposite knee.
* Pull your leg towards your chest until you feel a stretch and hold.
* Make sure to keep your back flat against the bed during the stretch.
* Complete 3 sets each side holding for 20 seconds.
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