**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. |
| **Side bending Child’s Pose**  null  null | * 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. |
| **Cat Cow**  null  null | * 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. |
| **Thread the Needle** null  null | * 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. |
| **Open Books** null  null | * 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. |
| **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. |