




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

<p>Child's Pose</p> 	<ul style="list-style-type: none">• 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.
<p>Side bending Child's Pose</p> 	<ul style="list-style-type: none">• 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.
<p>Cat Cow</p> 	<ul style="list-style-type: none">• 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



- 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



- 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



- 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.