

# + ESSENTIAL STRETCHES FOR A HEALTHIER SPINE

## 1. SPINE MOBILISATION



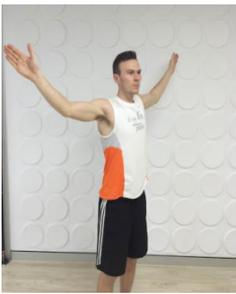
Sitting in a chair making yourself as tall as possible with your feet planted on the floor – rotate to the right and place your left hand behind the back rest. Hold for 20 seconds and repeat on the opposite side. This will help to mobilise the lumbar spine.

## 2. SHOULDER BLADE RETRACTION



Sit tall in your chair and place your hands behind your head. Draw your shoulder blades together and push your chest out. Hold the stretch for 10 seconds and repeat 3 times. This will help to improve posture and prevent a hunched back.

## 3. REVERSE SHOULDER ROLLS



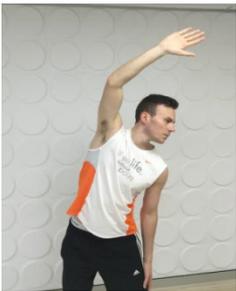
In a standing position make small circles with your arms stretched out to the side. Gradually make the circles bigger. This will help to mobilise the shoulder joint and avoid rounding of the shoulders caused by prolonged sitting.

## 4. BACK EXTENSION STRETCH



Stand tall with your hands on the bottom of your back. Lean backwards using your hands for support and look up to the ceiling. Hold for 10 seconds. This will help to mobilise the lumbar spine and the reduce pressure on lumbar discs.

## 5. SIDE FLEXION STRETCH



Reach up as high as possible with your right arm. Slowly lean over as far as possible to the left without bending forwards. Repeat 5 times on each side. This will help mobilise facet joints within the spine and reduce tightness in the muscles of the side of your back

## 6. CHEST STRETCH



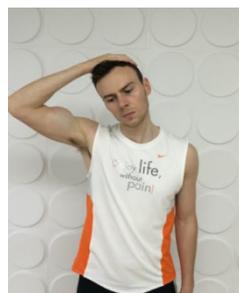
Stand tall and grasp hands together behind your lower back. Gently raise your hands up, slowly drawing the shoulder blades together. Hold for 10 seconds, repeat 3 times. This will stretch out your chest and promote good neutral posture in the thoracic spine.

## 7. HIP FLEXOR STRETCH



Place your right knee on the ground, with your left leg out in front of you at a 90 degree angle. Gently push your hips forward, keeping your knee in contact with the ground. Hold for 10 seconds and swap sides. This will stretch your hip flexors and ensure your pelvis can maintain a neutral position.

## 8. NECK SIDE FLEXION STRETCH



Look straight ahead; drop your right ear towards your right shoulder. Apply a gentle pressure with your right hand ensuring your left shoulder doesn't rise. Hold for 20 seconds and repeat on the other side. This will stretch your neck muscles and reduce tightness associated with neck pain and headaches.

