

Spine Conditioning Program STRETCHING EXERCISES

1. Head Rolls

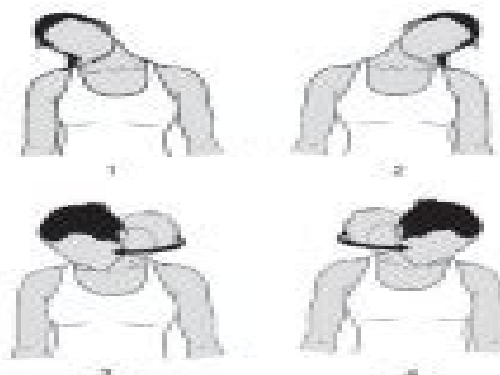
Repetitions
3 sets of 3
Days per week
Daily

Main muscles worked: Cervical spine muscles, trapezius
You should feel this stretch all around your neck and into your upper back

Equipment needed: None

Step-by-step directions

- Sit in a chair or stand with your weight evenly distributed on both feet.
- Gently bring your chin toward your chest.
- Roll your head to the right and turn so that your ear is over your shoulder (1). Hold for 5 seconds.
- Gently roll your head back toward your chest and to the left. Turn your head so that your ear is over your left shoulder (2). Hold for 5 seconds.
- Slowly roll your head back and in a clockwise circle three times (3).
- Reverse directions and slowly roll your head in a counterclockwise circle three times (4).



Tip Do not shrug your shoulders up during this exercise.

2. Kneeling Back Extension

Repetitions
10
Days per week
Daily

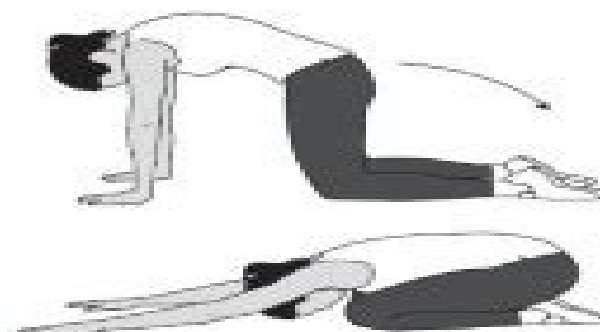
Main muscles worked: Quadratus lumborum, erector spinae
You should feel this stretch in your lower back and your abdominals

Equipment needed: None

Step-by-step directions

- Begin on your hands and knees with your shoulders positioned over your hands.
- Rock forward onto your arms, round your shoulders and allow your low back to drop toward the floor. Hold for 5 seconds.
- Rock backward and sit your buttocks as close to your heels as possible. Extend your arms and hold for 5 seconds.

Tip Look down on the floor to keep your neck in alignment with your spine.



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