

Backs are made for moving, too much sitting about is making our back muscles weak. These 5 simple stretches will mobilise a stiff back, improve the circulation & help take the your back pain away.... No need for gym gear, yoga mats or any special equipment to do these 5 simple exercises. They can be done at your desk, in the comfort of your own home or even on the commute home !

## Spinal Stretch



- Put your feet hip width apart and evenly distribute your weight
- Raise your arms, palms to ceiling.
- Go Slow.
- Reach as high as you can comfortably.
- Release as you breathe out and lower your arms to the side.
- Repeat x2 times & stretch a little further if you can each time, being careful not to overstretch!

## Lateral flexion (side to side)



- Put your feet hip width apart and evenly
- Stand tall – slowly, slide your hand down the side of your leg
- Keep the opposite shoulder down
- Pause a moment and slowly come back up to centre
- Then do the other side
- Repeat x2 on each side

## Flex (f/ward)Cat      Extend (b/ward)Cow



- Stand by your desk, feet hip width apart.
- Place your hands or elbows on the desk to take the pressure off your back.
- Slowly start to arch your back as if someone was lifting you between your shoulder blades
- Allow your head and neck to relax.
- Tuck in your tail bone, clench your butt, hold...
- Take a deep breath in
- Exhale, drop your tummy down and dip your back.
- Bring your head up slowly.
- Repeat the sequence another two times

## If you have serious back injury or any underlying health conditions – these are not for you.....

For those who are healthy, if you experience any pain at all, during these gentle stretches, be sure to stop.

Remember you should feel a comfortable stretch – go slow and let your body have time to adjust & pause to enjoy the stretch. It has many benefits & you should feel a little more mobile after doing these.

## Rotate



This one needs to be done very carefully, (especially by those who had maybe had disc problems in the past), start slow and controlled and build up gradually. If you get any pain, stop.

- Stand with your feet hip width apart, engage your butt and pull your tummy in..
- Keep your hips still and facing forward and stretch your arms out.
- Take your right hand, cross over your body and place palm on left hip then take it back to where we started and take left hand across body to right hip.
- Do three more times – keep moving, slowly and gently to get the spine warmed up.
- Go Slowly, give your body time to adjust, and pause to enjoy the stretch.
- Gradually moving up the body rotating and placing your hands to your waist.
- Now let's move a bit further up and do the same but touching your shoulders. 3 more times each side. Repeat the full sequence twice trying to gently extend your arms back a little further each time.

NOTE – the benefits of this one – its like "self-oiling" the spine, i.e. getting the circulation & blood flow going & getting the synovial fluid between the joints moving has the effect of lubricating them so they are easier to move. Happy spine !



**Remember go really SLOWLY & enjoy the stretches**