



Back Pain Stretches

➤ Always remember to breathe!

➤ Stop if you feel pain.

➤ Stretch slowly.



Shoulder Rolls

Begin by rolling your shoulders backwards in small movements. Increase the rolls to full elbow movement getting into the upper back and shoulder muscles.

HINT: Roll shoulders back often



Do The Twist

Stand tall with good posture. Cross your hands across your chest. Slowly turn your torso to the left and lift your right heel off the ground (this protects your knee) as far as is comfortable. Repeat on the left side, lifting the right heel as far as is comfortable. Repeat 5 times.



Hugging

Cross both arms and place both hands behind shoulders of opposite arms. Bring elbows closer together in front of body. Raise elbows slightly and hold stretch for 15 seconds. Feel the stretch between your shoulder blades.



Shoulder Blade Squeeze

Stand/Sit with good posture. Gently squeeze your shoulder blades together using the muscles in the middle of your back. Do not move your arms. Feel the muscles working between your shoulder blades, hold for 5 seconds. Repeat 5 times.



Side Reach

Stand with feet underneath your hips. Place one arm on side of thigh. Put the opposite arm overhead. Lean and reach to the side away from the raised arm. Hold stretch for 15 seconds. Repeat with opposite arm. Feel the stretch down your side.



Glute Stretch

Stand and place one foot on the other leg just above the knee with knee bent out to side. Lean down, lowering torso towards thighs. Hold stretch for 15 seconds. Repeat with opposite leg. Feel stretch in buttocks.



Standing Back Stretch

Stand tall and place both hands on the top of your buttocks. Take a deep breathe in, as you breathe out, activate your core, stretch upwards and gently lean backwards pushing down on your buttocks. Hold for ten seconds.

IMPORTANT!

Information regarding stretches and exercise on this smart card is of a general nature only. You should consult your physician or other health care professional before attempting any of the stretches or exercises on this smart card or before starting any exercise or fitness program to determine if it is safe or right for you. Stretching and exercise is not without risk of injury and the risk of injury is increased if you or your family have a history of high blood pressure or heart disease; if you smoke; if you have ever experienced chest pain; if you have high cholesterol; if you are overweight or obese; if you have bone or joint problems; or previous injuries or pre-existing conditions or abnormalities. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. Published January, 2018



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