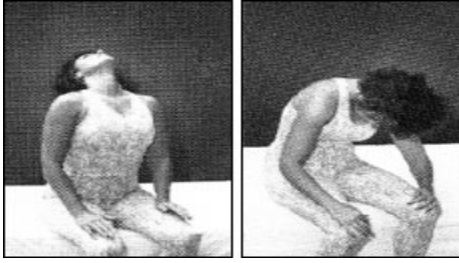


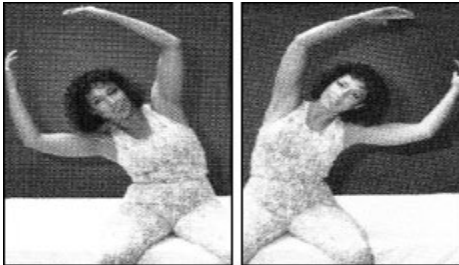
## Spinal Stretches



### Flexion Extension

**Starting Position:** Sit on the edge of a firm chair. Arch your lower back and sit with posture erect. With the head held high, place hands on top and middle of the thighs.

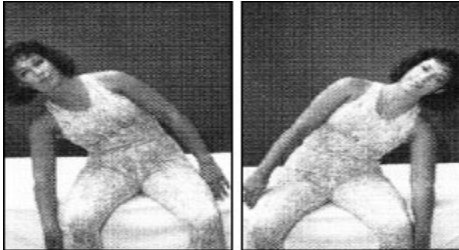
**Exercise:** Inhale. Arch the lower back, pushing the stomach forward. Tilt the head way back. Press down on your thighs and hold for a count of 5. Relax into a complete slouch. Do NOT shrug the shoulders while pressing on the thighs.



### Lateral Extension

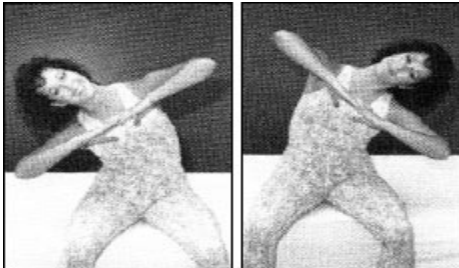
**Starting Position:** Seated on the edge of a firm chair, posture erect, head held high, arms above the head.

**Exercise 1:** Bend your upper body to the right as far as possible followed by the head. When fully bent, try to touch your right ear to your right shoulder, but do NOT twist or turn the head. Repeat the exercise to the left side. Make smooth, fluid motions from one side to the other.



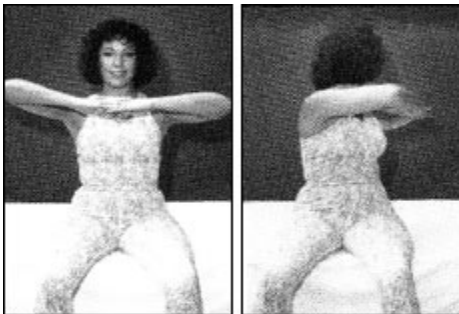
**Starting Position:** Seated on the edge of a firm chair, posture erect, head held high, arms relaxed and to the sides.

**Exercise 2:** With your arms relaxed and to the sides, bend your upper body to the right as far as possible. Try to let your hands dangle to the floor. Repeat to the left side. Make smooth, fluid motions from one side to the other.



**Starting Position:** Same as Spinal Twist (above right).

**Exercise 3:** Bend your upper body to the right as far as possible followed by the head. When fully bent, try to touch your right ear to your right shoulder, but do NOT twist or turn the head. Then, repeat to the left. Do NOT jerk or snap the body. Smooth, fluid motions from side to side are optimal.



### Spinal Twist

**Starting Position:** Seated on the edge of a firm chair, posture erect, head held high, arms up and parallel to the floor. Interlace your fingers unless it aggravates your neck and shoulders

**Exercise:** Turn your head FIRST all the way to the right followed by arms. Shoulders and upper body. Then repeat to the left. Do NOT jerk or snap the body around. Smooth, fluid motions, from side to side are optimum.

If you have been given Rehabilitation Exercises please begin. Once completed, do Spinal Molding as described below. If you are only performing Warm-Ups, end with Spinal Molding.