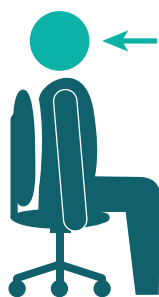


Spine-friendly exercises: the secret to better posture

Your posture — or how you routinely hold your back and body — can make a difference in how you feel and move. Try this sequence of gentle exercises to reset your posture.

If you have any injuries or conditions that limit your movement, ask your primary care provider about exercises that are safe for you.

1



Cervical retraction

- Sit tall.
- Put your feet flat on the floor.
- Gaze forward.
- Pull your head straight back, pulling your chin into your throat.

2



Controlled joint rotation

- Sit tall.
- Put your feet flat on the floor.
- Look down.
- Bring your chin close to your chest.
- Tilt your left ear to your left shoulder.
- Gradually look up and backwards.
- Bring your right ear to right shoulder.
- Circle all the way around and end with your chin near your chest.
- Reverse the direction.

3

Upper back stretch

- Slide your chair three feet away from your desk or table.
- Stretch your hands out on the desk or table.
- Flatten out your back.
- Hold the stretch for several counts.



4

Controlled upper back spine rotation



- Sit upright.
- Cross your hands on the opposite shoulder.
- Round your upper back forward.
- Drop left shoulder to the left.
- Circle to the back.
- Drop right shoulder to the right.
- Drop to the front.
- Do clockwise and counterclockwise.
- Repeat.

5



Pelvic tilt

- Sit in a chair.
- Put your hands on your hips.
- Roll your pelvis forward and backward.
- Repeat.

6

Standing lumbar extension

- Stand up.
- Put your hands on your hips.
- Let your hips push forward.
- As you lean backwards, let your head and chest face the ceiling.
- Stand back up.
- Repeat.

