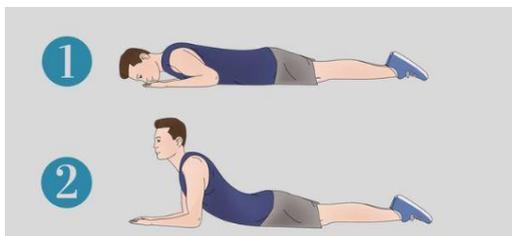


Child's pose:

Sitting on your heels and reaching forwards. This position helps stretch the low back muscles. Hold for 30-60secs (3 reps AM +PM)



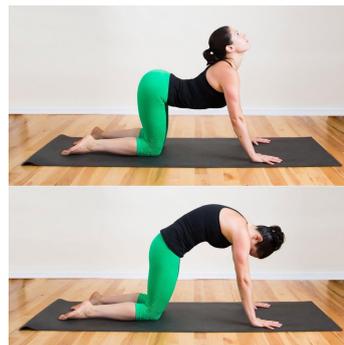
Cobra or half cobra



Lying on your stomach, elbow's under armpits- slowly push up to arch back. If this is easy you can push up onto your hands for further stretch. Hold for 2-3seconds then lie down again. Repeat for 10 reps (AM +PM)

Cat /Cow: (10 reps AM +PM)

Positioned on your hands and knees. Take a deep breath in and round your shoulders while tucking chin to chest. When you exhale, arch your spine downwards and look up. This will help take your spine through its range of motion as well as help strengthen the intrinsic muscles of the spine. Do not force the motion and slowly work up to a full arch and round back. If it doesn't feel right- do not continue.



Levator scapula stretch:

Gently bring your head diagonally forwards and down then hold for up to 15 seconds. 3 times per day on the left & right sides.



Lateral neck stretch:

Gently bring your head sideways towards the shoulder until you feel a comfortable stretch. Hold for up to 15 seconds. Repeat 3 x per day on either side.



Bruger's- seated- 1 x 10 reps

Perform the following sequence: Sitting comfortably, feet flat on the floor, shoulders back and down, chin tucked, sternum raised. Bring arms back, palms facing forwards and thumbs pointing out. Take deep breaths in and out 5 times. Breath in through the nose and out through the mouth, while maintaining upright posture. Repeats 10 reps.



Rolled Towel:

Roll up a towel and position it long ways along your spine. Bend your knees to preserve your low back, arms out to the sides to stretch your chest and open up the thoracic spine. Hold for up to 3 minutes twice daily. If discomfort is noted, stop and do not perform this exercise.

