

Exercises for back care

Points to remember

- Aim to do the exercises daily
- Don't force any of the exercises
- Do 3-4 repetitions of each exercise
- Keep a steady, controlled pace throughout
- Breathe deeply and rhythmically.
- You should generally breathe out on the effort in each exercise.
- Aim to flatten your abdominals towards your spine especially as you breathe out.

Lie with spine lying along a rolled towel, lift arms to 90° with palms facing inward.

- Reach fingertips to ceiling feeling shoulder blades spreading apart
- As arms come down, feel shoulder blades wrapping around towel.



Start in the same position as above with shoulder blades in a neutral position.

- Open one arm to the side,
- rotate arm so palm faces the floor,
- turn palm to the ceiling
- lift arm back up to 90°
- Repeat other arm



Lie on side with spine straight, hips stacked, knees bent so feet are in line with sit bones, arms straight out in front of shoulders, hands together. Lie head on a pillow

- Slide top arm forward so your top palm reaches past fingertips of the bottom hand
- Slide top arm back so top palm slides to wrist of bottom arm

Feel the shoulder blade sliding away from the spine and then closer to spine.



Keeping hips stacked on top of each other

- Reach top arm forward, then up to the ceiling and open out behind you, with face and eyes following hand. Feel the chest opening
- Bend elbow and slide hand across chest and back to beginning position

Reverse the action.

- Bend the elbow open the arm behind you.
- Lift arm to the ceiling then down to beginning position.

Lie on the other side and repeat with the other arm.



Cat/Cow

Kneel on hands and knees with hands under shoulders and knees under sit bones

- Lift and scoop abdominals into spine and curl spine feeling pubic bone curling to lower ribs. Lift back ribs to ceiling and feel top of head pointing to the floor.
- Open pelvis, arch spine, open collar bone, lift head keeping back of neck long



Lying on your back, knees bent, feet flat on the floor in line with your sit bones. Arms out to 45° palms down. Breathe in.

- As you breathe out, press your heels into the floor and feel like you're pulling them toward your buttocks. Scoop your abdominals towards your spine and roll your pelvis off the floor.
- Continue rolling your back off the floor one vertebrae at a time leaving back of the ribs on the floor.
- Hold to breathe in and roll down to start position one vertebra at a time on a breath out



Lying on your back, knees bent, feet flat on the floor in line with your sit bones. Arms out to 90° palms down.

- Gently allow knees to roll side to side, gradually letting knees to roll further., keeping shoulder blades on the floor.
- Initiate knees coming back to centre with abdominals
- Breathe in as knees roll to side and out as knees come back to centre.



Knee bend

Lying on your back, knees bent, feet flat on the floor in line with your sit bones. Hug one knee into your chest and extend other leg straight along the floor. Aim to lay the extended leg flat on the floor. Hold position for 3-4 breaths then change sides



Begin as per knee bend. Lay bent leg across body, and hold for 3-4 breaths



Begin as per knee bend, hook a towel over the top foot and extend the leg to ceiling to stretch hamstring. Dependant on your flexibility keep the top leg straight or slightly bent. Hold stretch for 3-4 breaths



Lie on stomach, hands beside ears, nose pointing to floor and hovering just off the floor. Flatten abdominals towards spine.

- Press hands into floor, feel shoulder blades flatten against your back ribs and pull them towards the centre and down to waist, while lengthening spine to top of head.
- Keeping back of neck long, lift (arch) head and chest. Keep pubic bone on the floor and think of long spine rather than arching and lifting



Lie on stomach, hands beside ears, abdominals lifted.

- Press hands and elbows into floor, pull elbows towards hips while lifting and reaching head forward. Keeping hip bones on the floor
- Bend one leg, foot towards glutes
- Squeeze foot towards glutes twice
- Extend leg to the floor
- Repeat alternating legs



As above bending both legs



Child's pose

Kneel with big toes together and knees apart. Sit back on your heels, lie your body forward and reach arms forward

