

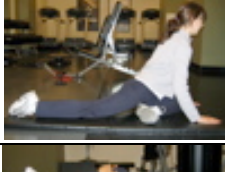
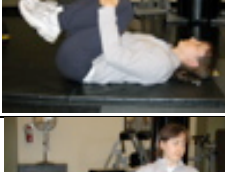



5 Minute Back Stretch

Name	Picture	Hold	Description
Upper back		60 secs	Interlace fingers and imagine that someone is pulling your hands away from your body. Drop head between hands stretching upper back.
Spinal Twist		60 secs	Bring knee across body and push toward ground. Be sure to keep both shoulders on the ground.
Pigeon		60 secs	Extend one leg behind and bend the other leg under you. Push back hip forward and rest hands on fground in front of you. This is a hip opener and releives lower back pain.
Ball (lower back)		60 secs	Lying on your back hug both knees in to chest. You can rock slightly, massaging the lower back into the mat.
Seated spinal twist		60 secs	Sit with one leg extended, cross other leg over and bring the leg toward you with your hand. Imagine your spine is a coil and sitting up tall spiral around to look over back shoulder.