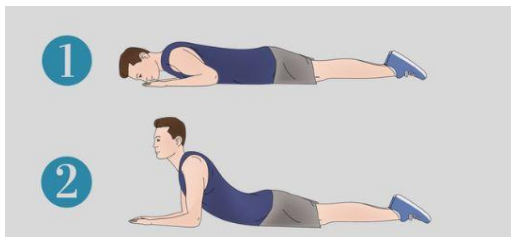


### **Child's pose:**

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



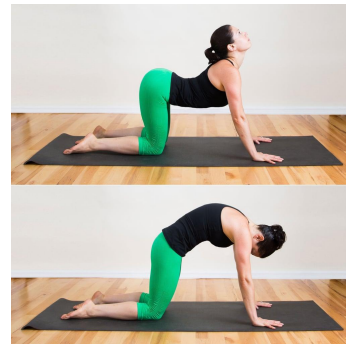
### **Cobra or half cobra**



Laying 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 lay down again. Repeat for 10 reps (AM +PM)

### **Cat /Cow:** (10 reps AM +PM)

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 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.



## **Core Engagement Ex's:**

**Side plank:** (3 x 30 seconds each side daily)

Hold side plank on elbow for 30 seconds each side. Making sure core, glutes and hamstrings are engaged.



**Curl Up:** (Repeat 10 times per leg)

Positioned on your back, one knee bent and one straight. Engage your core by flattening the low back against the floor. Whilst continuing to focus on flattening the low back against the ground, slowly curl the chest and chin up into a slight crunch then lower again. Hold for 5-15 seconds.



**Bird Dog:**(3 x 30 seconds each side daily)

On your hands and knees. Squeeze and engage your core- have a neutral/flat spine. Start by lifting one arm or one leg at a time before progressing to lifting the opposite arm & leg at the same time. Once the arm and opposite leg are raised, and whilst the core is held tight, hold this position for up to 30 seconds before lowering to rest. Repeat on the other side. Slow and controlled movements are ideal.

**Plank:** (3 x Up to 1 minute daily)



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