

Healthy SPINE HEALTHY MIND

GET BACK TO FEELING GOOD

Stretches to help prevent Back Pain

Perform on each side

2x



1 Tilting Star

Facing forward, place one hand in the air with the other at your side. Slowly stretch one arm overhead, while slowly bending your entire spine to the opposite side and sliding the other hand down your thigh.



2x

2 Twirling Star

In the Star position with belly button drawn inwards, gently turn your head to look at one hand. Slowly twist your entire spine to watch your hand as it goes behind you. Relaxing in this position breathe out and in. Perform slowly twice to each side.

Balance

20 secs.

4 Tight Rope

Stand tall with ears, shoulders, hips, knees and ankles in a straight line. With your belly button drawn in, take a step forward as if on a tight rope. Make sure your knee is over your ankle and not over your toes. Allow the heel of your back foot to lift.



3 Twisting Star

From the Star position, raise your arms in hands up position. Bring your left elbow across your torso toward your knee. Repeat the movement using your right elbow and left knee.



Alternate sides

15 secs.



5 Eagle

Perform

3x

Bring your arms out to the sides and gently draw your shoulder blades together. Breathe in as you slowly raise your arms, touching your hands together above your head. Slowly lower your arms to your sides as you breathe out.



Visit spinalhealth.org.au to download FREE resources to help prevent back pain or to consult an ACA chiro for drug-free pain relief.



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