

## Cat / Camel / Flexion / Extension Cycles

- This helps warm the spine up for the exercises. This is intended as a motion exercise and not a stretch, so the emphasis is on motion rather than 'pushing' at the end ranges.
- Perform 5-6 cycles.
- If you have sciatica, you may experience some increased pain during the flexion phase. Use pain to guide the suitable pain-free range of motion.



## Bird dog, Intermediate

- The starting position is on the hands and knees with the hands under the shoulders and the knees directly under the hips.
- Raise the opposite arm and leg at the same time, not to go over horizontal.
- Then 'sweep' the floor with the hand and knee so that no weight is borne by either, then return to the regular bird dog position. Hold position for a count of 2 slow breaths.
- Goal: 5 minutes in the morning and 5 minutes in the evening/afternoon.



## Curl-Up, Beginner's

- Lay on your back with the hands supporting the low back area. Do not flatten the back to the floor. The hands can be adjusted to minimize pain if needed.
- One leg is bent with the knee flexed to 90 degrees while the other leg remains relaxed on the floor/bed. The focus of the lift is on the upper torso. Only lift to the point between the shoulder blades.
- Leave the elbows on the floor while elevating the head and shoulders a short distance off the floor.
- Do not bend/flex your neck. No neck motion should occur, either chin poking or chin tucking.
- Goal: Hold position for a count of 2 slow breaths. Do 5 reps with right knee bent, and 5 reps with left knee bent.



## Side Bridge, Intermediate

- The beginning position for the intermediate side bridge is like that for the beginner, except that the legs are straight.
- The torso is straightened until the body is supported on the elbow and feet.
- You can pull down on the shoulder to help stabilize the joint if need be.
- Goal: Hold position for two slow breaths. Do 5 reps on each side in the mornings, and 10 reps on each side in the evenings.

