

## 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, Beginner's

- The starting position is on the hands and knees with the hands under the shoulders and the knees directly under the hips.
- Practice raising an arm up as shown, then the other arm, then one leg and then the other.
- Hold for two SLOW breaths.
- Goal: 5 reps with each arm and 5 reps with each leg, twice daily.



## 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: Holding for two SLOW breaths. Do 5 reps with right knee bent, and 5 reps with left knee bent. Twice daily.



## Side Bridge, Beginner

- Begin with the knees and hips flexed (a) and moving into the side-bridge with an unfolding of the legs, all the time keeping a braced neutral (straight like white arrow on picture) spine (b)
- Straighten out your torso (upper body) by lifting the pelvis off of the floor/bed a few inches.
- If you need to, you can pull down on the shoulder a little to help stabilize the shoulder.
- Goal: Hold for two SLOW breaths. Do 5 reps on each side in the morning, and 10 reps on each side in the evenings.

