

The Spine - Range of Movement Exercises

Notes:

1- Active flexion w/ retraction - Sets:1 / Repetition:5 / Hold:1-2 seconds



Stand or sit tall.
Tuck your chin in and slowly bend forward (chin to chest) to look down at the floor.
Return to initial position and repeat.

2- Cervical side bending - Sets:1 / Repetition:5 / Hold:1-2 seconds



Tuck your chin inward and pull yourself up as if there is a rope pulling the back of your head upward.
Without turning the head, tilt your head sideways to bring your ear to your shoulder.
Return to neutral position, then release chin tuck and repeat.

3- Active ROM Rotation - Sets:1 / Repetition:5 / Hold:1-2 seconds



Sit tall or lying on your back.
Tuck chin in to adam's apple.
Turn your head to one side to look over your shoulder.
Return to original position, then release your chin and repeat.
Repeat on other side

4- Thoracic extension - Sets:1 / Repetition:5 / Hold:1-2 seconds



Sit tall.
Cross your arms on your chest.
Slowly look up towards the ceiling by raising your elbows.
Slowly return to the neutral position.
You can also place your hands on the back of your lower neck to perform the movement.

5- Shoulder extension, pec stretch - Sets:1 / Repetition:5 / Hold:1-2 seconds



Stand up straight with your shoulders back and your back straight.
Place both hands behind your back and cross your fingers.
Turn your palms around to face the floor and raise your hands away from your back until you feel a gentle stretch across your chest and in front of your shoulders.
Maintain the position and relax.
Do not lean your body forward. Keep your back straight.

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6- Trunk side bending - Sets:1 / Repetition:5 / Hold:1-2 seconds



Sit tall.

Cross your arms on your chest and focus on an object at eye level. Slowly bend your trunk to one side. Slowly return to the neutral position and repeat on the other side.

7- Active trunk rotation - Sets:1 / Repetition:5 / Hold:1-2 seconds



Sit tall.

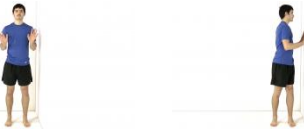
Cross your arms on your chest. Slowly twist your trunk to one side. Slowly return to the neutral position and repeat to the other side.

8- Repeated lumbar extension - Sets:1 / Repetition:5 / Hold:1-2 seconds



Stand with your chin tucked in and place your hands on your buttocks. Bend your back backwards, arching the lower back and keep your chin tucked in (look forward). Return to the starting position and repeat.

9- Active trunk rotation - Sets:1 / Repetition:5 / Hold:1-2 seconds



Stand with a wall to your side, feet hip width apart, and your hands up in front of you.

Turn your trunk 90 degrees, keeping your feet facing forward, and have your upper body facing the wall at the end of the rotation. Place your hands on a wall to help increase the rotation and slowly return to the initial position.

10- Trunk rotation stretch - Sets:1 / Repetition:5 / Hold:1-2 seconds



Lie on your side with your bottom leg straight and your top leg bent and on the floor.

Both hands are placed together in front of your chest. Keeping the bottom arm on the floor, roll back and have your top arm reach back to touch the floor, opening up your chest. Hold the position.

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11- Knee to chest - Sets:1 / Repetition:5 / Hold:1-2 seconds

Lie on your back and bring one knee up to your chest. Return to the starting position.



12- Lumbar flexion stretch - Sets:1 / Repetition:5 / Hold:1-2 seconds

Lie on your back with your knees bent. Raise one knee towards your chest as far as you can, and then raise the other to meet it. Place your hands around your knees and pull them gently towards you until you feel a stretch in your back. Relax.

