

## CORE STRETCHES & EXERCISES

**\*can help alleviate lower back pain.**

**Time: 15-20 minutes**

**Hold counting: SLOWLY say 11111...22222...etc.**

**Tips:** Don't cause yourself pain.

Exercise every day if possible.

Exercise in the morning to feel better all day.

### **1. Shoulder Blade Squeeze**

While sitting comfortably in a chair.

Clench fists at chest height and above elbows...and avoid shrugging shoulders.

Pull both elbows back, squeezing shoulder blades down and back as if trying to get elbows into back pockets, and hold for 5 seconds. 10 Reps.

### **2. Single Knee to Chest**

Lie flat with both knees bent. Place both hands on knee and draw knee into chest while keeping small of back flat against floor. Hold for 5 seconds, and then repeat for other leg. 10 Reps.

### **3. Camel Cat**

On hands + knees, curve back upwards while drawing in stomach...hold for 5 secs, then return to flat and then curve back down ward for 5 seconds. 10 Reps.

### **4. Bridge**

Lie on back with both knees bent, and palms flat on floor. Tighten stomach and buttock muscles and slowly raise buttocks off floor until knees and chest form a straight line. Hold for 5 seconds then slowly lower buttocks to floor. 10 Reps.

### **5. Lower Trunk Rotations**

Lay flat with knees bent and shoulders and hands flat on floor.

Slowly rock both knees to side, with off foot rising from floor and hold for 5 seconds, then repeat on other side. 10 Reps.

### **6. Standing Extensions**

Stand straight with feet fairly close together and hands towards back of hips.

Arch your back forward, and hold for 5 seconds. 10 Reps.

**7. Knee Squeezes**

Lie on back with both knees bent.

Place a rolled up towel between your knees, and cross your hands on your chest.

Tighten stomach muscles and squeeze knees together. Hold for 5 seconds. 10 Reps.

**8. Side Scissors**

Lie on left side with legs straight and arms arranged as if sleeping on your side.

Lift leg from the side and hold for 5 secs. 10 Reps.

Repeat on right side.

**9. Plank**

Lie on stomach with elbows and toes on floor, hands clasped together.

Tighten muscles and raise yourself onto your elbows and toes.

Keep body as straight as possible.

Hold for 10 seconds. 5 Reps.

**10. Superman Pose**

On hands and knees, rise opposite arm and leg straight out and hold for 5 seconds...then repeat on the other side. 10 Reps.