

SEVEN
SIMPLE STRETCHES
FOR A
HEALTHY SPINE
(no equipment needed)

Introduction

Stretching is a quick, easy and cheap way to stay flexible, reduce muscle stiffness and reduce aching. It may also help reduce your risk of injury.

This guide will show you **7 easy, hassle free stretches**.

You don't need any special equipment - just a bit of time, a chair, somewhere comfortable to lay down and loose or stretchy clothes.

Once you feel comfortable with these stretches, get in the habit of doing them everyday. I promise you'll notice a difference!

Instructions:

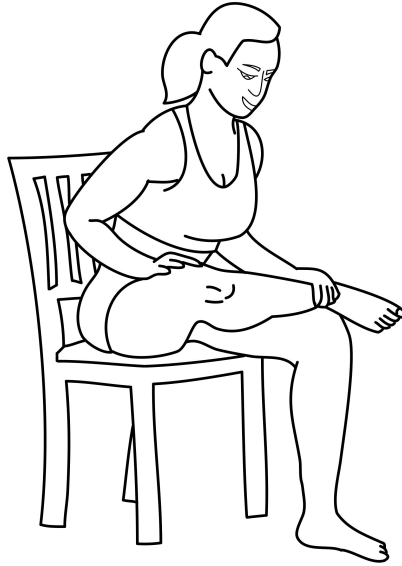
- Keep breathing normally while you stretch. Do not hold your breath.
- Stretch gently and slowly. You should be able to feel a stretching sensation but it should not hurt.
- If a stretch becomes painful, stop immediately and seek advice from your therapist.
- These stretches should be safe for healthy adults as long as you follow the instructions, however, they are performed at your own risk.
- This guide is not intended for individuals suffering with back or neck pain or uncontrolled medical conditions.

1. Knee Hugs



1. Lay flat with your knees straight.
2. Bend both knees and draw them up towards your chest.
3. Clasp your hands round the top of your shin, just below your knees.
4. Take a deep breath in. On the out breath, hug your knee firmly into your chest and hold for **10 seconds**.
5. Release the knees, straighten the leg and relax.
6. Perform this sequence **3 times**, once a day.

2. Seated Glutes Stretch



1. Sit upright and place your right leg over your left thigh.
2. Gently lean forwards until you can feel a stretch in your right buttock.
3. You may be able to increase the stretching sensation by pushing down on your right knee.
4. Hold this position for **10 seconds**.
5. Repeat on the other side.
6. Repeat **3 times**.

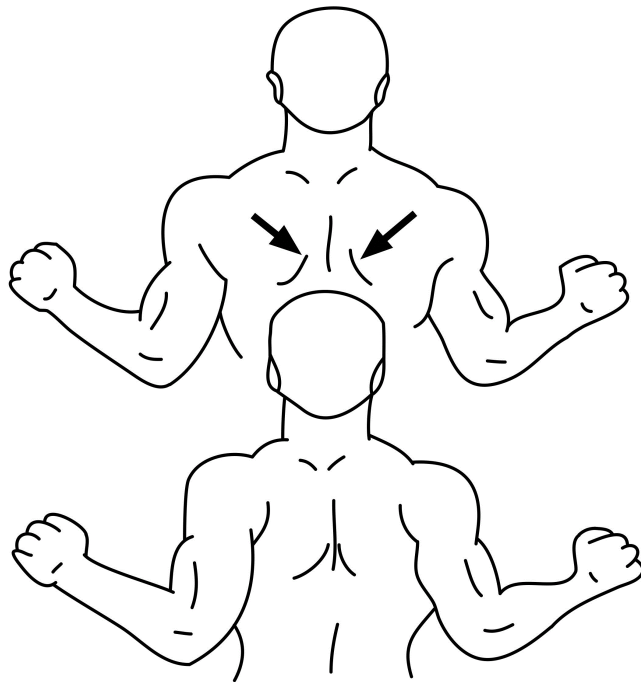
3. Seated Spinal Twist



8-10 seconds
each side

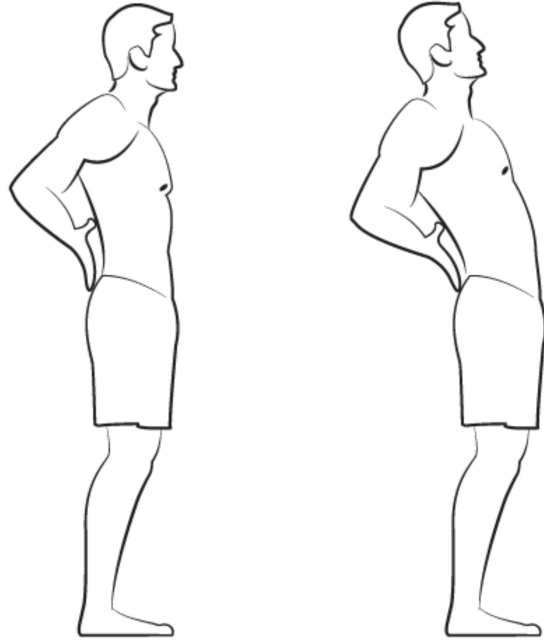
1. Sit upright in a chair with your feet on the floor.
2. Cross your right knee over your left leg. Place your left hand on your right knee.
3. Turn your upper body to look over your right shoulder. You can hold on to the chair or support your low back with your right hand. Take care not to lean forwards or backwards.
4. Hold this position for **10 seconds**.
5. Return to your starting position.
6. Repeat on the opposite side.
7. Perform **3 times** on each side.

4. Shoulder Blade Pinches



1. Stand upright with feet shoulder width apart.
2. Pull your shoulder blades backwards and together, as if you were trying to make them touch.
3. Hold for **5 seconds**.
4. Repeat **6 times**.

5. Posture Improvement



1. Stand with your feet shoulder width apart.
2. Put your hands on your hips.
3. Carefully lean backwards and hold for **10 seconds**.
4. Perform **3 times**.

6. Standing Hamstring Stretch



1. Stand with good posture, feet shoulder width apart.
2. Gently bend forwards from the waist. Go as far as you can without it hurting. Keep your knees straight.
3. Take a deep breath in.
4. Breathe out and allow yourself to stretch further forwards towards your toes.
5. Repeat **3 times**.

7. Bridge



1. Start by laying on your back with your knees bent.
2. Slowly raise your hips from the floor to reach the position shown Above.
3. Hold bridge for **10 seconds**.
4. Slowly lower to starting position.
5. Repeat **3 times** in total.

Seven Simple Stretches for a Healthy Spine

About Me

My name is Sarah Oliver and I'm a registered Osteopath. I can help you recover from back, neck and shoulder pain.

I graduated from British College of Osteopathic Medicine in 2008 and work at Ashlins Natural Health in East London.



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