Spinal Exercises

PSJ OEG

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Sitting.

Bend your head forward until you feel a stretch behind your neck.



Sitting.

Bend your head backwards as far as is comfortable.



Sitting.

Turn your head to one side until you feel a stretch.



Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side.



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Forward Bend with Round Back

Stand tall and bend forward rounding your back.

Breath smoothly and hold the position for a moment. Return to the starting position.



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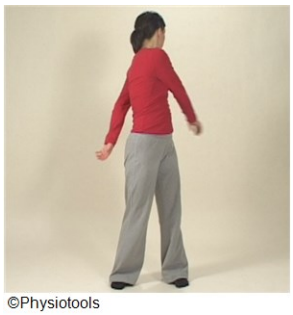
Trunk Side Bending Stretch

Stand tall, with your feet shoulder-width apart.

Bend your trunk sideways while reaching upwards with your hand. You can place your other hand on your hip. Return to the starting position.



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Sit or stand.

Swing your arms from side to side and let the upper body follow the movement.



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1. Begin with shoulders relaxed
2. Pinch shoulders upward toward ears hold for 5 seconds and then relax



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Shoulder Circles

Circle both hands at the same time, following the hands with your head to incorporate trunk range of movement.



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Cool down by marching on the spot



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Stand straight. Take a step forwards and take the weight onto the front leg.

Push off your front leg bringing legs back together. Repeat with other leg.



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Practise stepping side to side, share the movement between your lower limbs and trunk not just using one area



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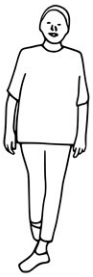
In Standing, practise flicking the foot up towards the other hip, alternating sides.



©YOU & ME Yoga

Circle Hips

Step forward with foot turned in.



©YOU & ME Yoga

Step forward with other foot turned in.



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In Standing with or without support as necessary, flick the heels up behind you.



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Stand straight with your feet hip width apart.

Sit back so that your knees stay above your toes. Stop when your thighs are parallel to the floor. Do not let your knees turn in or out.



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Standing Calf Raise

Stand tall, with feet hip-width apart, weight evenly on both feet. Toes and knees pointing forwards.

Rise onto your toes in the direction of your second toe. In a controlled manner return to the starting position.

Note: Avoid shifting the weight towards the outer side of your forefoot during heel raise.



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Step Up

Start by standing behind a step and lift one leg onto the step.

Step up and straighten your hip and knee. Maintain hip-knee-toes alignment. Return to the starting position.



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Stand facing a wall with your arms straight and hands on the wall.

Do push-ups against the wall keeping your body in a straight line.



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Sit on a chair or stool with the back straight, practise leaning back keeping a straight back and using your tummy muscles, return to neutral position.



©Kenda Fuller

Tandem Walk Forwards

Walk with one foot in front of the other. Keep your shoulders relaxed so that your head can stay in an upright position, If you keep your body stiff, you will lose your balance and have to step out of line to keep from falling. Keep your head level, don't look at the ground.



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Chair Squat

Stand tall with your feet approximately hip-width apart and weight distributed evenly on both feet.
Make sure the chair behind you is at a suitable distance from you.

Bend your knees and hips and squat down onto the chair. Knees and toes should be pointing in the same direction.
Sit down lightly and push back up to the starting position using your front thighs and buttock muscles.



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Foot Step: Marching

Upper Body: Punch alternate arms forward



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Alternate punching above your head.



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Stand with your feet together and arms by your side.



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Take a step to the side while reaching sideways with your arm.



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Move your weight onto the front foot while reaching as high as possible and looking at your hand. Return to the starting position. Repeat to the other side.
