

Home Exercise Back Stretch Program

Back Stretching/Strengthening Exercises

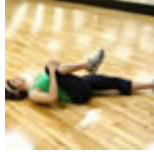
Move in and out of each stretch for 5-8 breath cycles THEN Hold each stretch for 5- 10 full breath cycles



Knee Hug



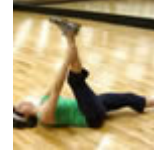
Full Body Stretch



Knee to Chest



Spinal Twist



Hamstring Stretch



Cat Stretch



Cow Stretch



Childs Pose



Cobra or Up Dog



Spinal Balancing



Upper Back Stretch



Seated Side Stretch



Seated Spinal Twist 1



Seated Spinal Twist 2

Seated Back Stretches

Move in and out of each stretch for 5-8 breath cycles THEN Hold each stretch for 5- 10 full breath cycles

Upper Back Stretch



Lower Back Stretch



Seated Fold with Twist



Seated Twist

