
Notes :

1 Decompression position, pectoral stretch

Sets: 1 Reps: 4 Freq: daily Duration: 8 - 10 seconds

This is a decompression exercise

Decompression position:

Lie on your back, knees bent up, hands palms up at your side

Assume this as a "rest/compression position" throughout the day, to unload the spine



This exercise helps to reduce pain by relieving compression on the spine. It also helps to align your spinal curves and relaxes the back.



Pectoralis stretch:

Lie on your back with your head on a pillow.

Bring your arms out to your side so they are 90 degrees from the body. If uncomfortable at this angle, change arms to a lower angle, closer to sides of body.

Hold the position for the prescribed time.

2 TA activation, pull-in

Sets: 1 Reps: 5-10 Freq: daily Hold: 5 sec

Lie on your back with your knees bent and your lower back in neutral position (slightly arched). Exhale slowly, then pull in your stomach, as if you were trying to touch your backbone with your stomach.

Maintain the position while you take 3 long breaths



3 Head Press

Sets: 1 Reps: 3-5 Freq: daily Hold: 5 sec

Lie on your back without a pillow under your head, but use a pillow if necessary

Tuck your chin in so as to gently press the back of your head into the bed and pull yourself taller as if there is a rope pulling the back of your head.

Return to the initial position and repeat.



4 Shoulder Press

Sets: 1 Reps: 3-5 Freq: daily Hold: 5 sec

Shoulder press exercise

Lay on your back with your knees bent up and your arms in a comfortable 30 degrees position from your side.

Then, pull the shoulder blades towards the spine and gently away from your ears.

Holding this position, push the back of both shoulders and arms into the floor and hold the position for a few seconds. Do not allow the rib to elevate.



5 Elbow Press

Sets: 1 Reps: 3-5 Freq: daily Hold: 5 sec

Lie on your back, with your head on a pillow if required.

Bring your hands behind your head, then let the elbows fall toward the ground on each side.

Press the upper arm and elbows downwards into the supporting surface



6 Leg Press

Sets: 1 Reps: 3-5 Freq: daily Hold: 5 seconds

Lie on your back, one leg bent, the other extended. On the straight leg, pull your toes towards your shin. Tighten your buttock on the side of the straight leg, pushing the whole leg into the bed/floor. Try to sink your outstretched leg (over its full length) into the ground, but without raising your pelvis.



7 Leg Lengthener

Sets: 1 Reps: 3-5 Freq: daily Hold: 5 seconds

Lie on your back, knees bent, arms at your sides. Straighten one leg. On the straight leg, pull your toes up towards your shin.



Lengthen your straight leg by pushing your heel along the floor. Gently lengthen the space between your pelvis and ribs. Keep your low back a hand's width from the floor. Hold for the prescribed duration then relax.



8 Arm, Leg Lengthener

Sets: 1 Reps: 3-5 Freq: daily Hold: 5 sec

Lie on your back with your knees bent and your back in neutral position (slightly arched).

a) Keeping your knees bent, stretch one arm overhead. Lengthen your arm along the floor as if trying to grasp an object just out of reach. You can progress to doing both arms at the same time.

b) Straighten the leg on the same side as the stretched arm to increase the stretch

Maintain the stretch and return to the initial position.



9 Morning Stretch

Sets: 1 Reps: 3-5 Freq: daily Hold: 5 sec

Lie on your back.

Stretch your arms up and your legs down as far as you can.

Gently engage your abdominals to keep your spine in a neutral position, don't arch your back



10 Head Lift

Sets: 1 Reps: 5-10 Freq: daily Hold: 5 sec

Lay prone with your forehead resting on your palms, with a pillow under your abdomen

Lift your forehead away from your hands, but keep the nose pointing at the same spot on the ground the whole time, maintaining a chin tuck

Hold the position as directed, while breathing from your stomach.



11 Chest Lift

Sets: 1 Reps: 5-10 Freq: daily

Lie on your belly with your arms at your side, palms down. Have a pillow tucked under your abdomen. Engage your abdominals and glutes as you lift your upper body off the ground. Focus on lengthening more than lifting. Become longer with every breathe. Reach forward through the crown of your head, while keeping your chin tucked.

