



## **Eliminate Back Pain for Good!!!**

Thank you for joining us. This work can change your life! Imagine waking up in the morning and getting out of bed....what is different? No pain! Tight muscles and imbalances lead to pain.

Sometimes it's a specific injury. Other times it seems to come out of nowhere...but hurts and impacts your life just the same.

Learning to stretch properly, and what stretches to do for your particular issue are key.

Moves can be done on the bed if it is too difficult to do on the floor.

Here are a few stretches to get you started on the road to a pain-free back!

## Low Back – Knees Over



### Points to remember:

- Lie on back, knees bent, feet flat on floor
- Both shoulders stay flat on the floor
- Inhale, tighten abs, move knees to the side on the exhale, relax
- Knees go only as far as they can with both shoulders flat
- Can put a pillow under the knees so they can relax
- Hold for 6 breaths or pain whichever comes first
- Inhale, tighten abs, exhale and move knees back to center
- Repeat on other side

**IF** the knees already go all the way to the floor and this is too easy:

- Come back up
- Cross one knee over the other, say right over left
- Send the knees down to the left side on the exhale same as above
- When the left knee is on top, knees go over to the right
- Both shoulders stay flat!
- Hold each side for 6 breaths or pain whichever comes first

### What this targets:

- This helps stretch the low back. If you are going to do only one stretch to loosen up your low back, this is a good one to start with.

## Hamstrings



### Points to remember:

- Lie on back, knees bent, both feet on the floor
- Bring one leg in, say right, and up into the air
- Chin tucked
- Top knee straight
- Easy, don't pull too hard on top leg
- Can use a strap if desired
- Relax shoulders
- Hold for 6 breaths or pain whichever comes first
- Repeat on other side

### What this targets:

- Back of the thigh (hamstring) of the upper leg

## Knee to Chest Single



### Points to remember:

- Lie on the back
- Bend both knees with the feet on the floor
- Bring left knee in toward left armpit
- Keep the chin tucked
- Relax the shoulders
- Hold for six breaths or until pain, whichever comes first
- Repeat on the other side

### What this targets:

- Upper hamstrings (back of the thigh)