

6 Stretches to help with **WORK-FROM-HOME BACK PAIN**



SOMERSET WEST WELLNESS
Massage • Beauty • Cryotherapy



1. Cat-camel back stretch

On your hands and knees, slowly alternate between arching and rounding your back so that all three sections of your spine-lumbar (lower), thoracic (middle) and cervical (upper)-extend together and then flex together. Do this slowly and gently, and don't force it. One cycle will take three to four seconds. Repeat stretch five or six times.



2. Knee/s to Chest Stretch

Lie down on your back on a mat with your arms by your sides and your legs fully extended. Lift your left leg off of the mat and bring it close to your chest. Feel the stretch in your glutes and lower back. Hold for 30 seconds and repeat with the opposite leg. Or do both legs together and bring to chest and hold.



3. Bridge Stretch

Lie down on your back on a mat with your arms by your sides and your knees bent with feet flat of the floor, shoulder-width apart, and toes pointing straight ahead. This is your starting position. Keeping your head and upper back firmly on the ground, lift your butt until your back and the ground make a 45-degree angle. Lower your body and repeat.



4. Standing roll-down

Deep breathe in through the nose, and slowly breathe out through the mouth while moving chin to chest. Deep breathe in through the nose, and SLOWLY roll down while exhaling through mouth. Roll down with head and shoulders close to the body vertebra for vertebra and try to touch your toes (don't lock knees). Inhale and slowly roll back up while exhaling. Repeat.



5. Child's Pose Stretch

Sit on your shins on a mat. Extend your arms straight above your head and bend at your hips to lower your torso towards the mat. Rest your palms face down on the mat while keeping your arms fully extended. Your head should be positioned so you are looking down towards the floor. Feel the stretch in your back and hold for 30 seconds.



6. Cobra Stretch

Lie facedown on the mat with your palms flat by the sides of your ribcage and legs flat and extended. Press down your hands, and raise chest while keeping hips and legs on the floor. Hold for 10 seconds and lower back down. Don't overextend – only raise chest as far as you can – even if just a couple of centimeters of the floor. In time you will go higher.