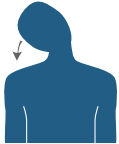


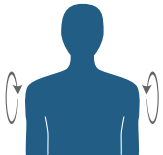
DAILY STRETCHES

The following are examples of stretches helpful for people with back pain. Each one can be done three to five times or as many times as you are comfortable. Remember to breathe while doing stretches.



Neck Stretches

- 1 Stand with feet flat on floor, knees slightly bent, head forward
- 2 Tilt head slowly forward, bringing chin toward chest
- 3 Turn head to left very slowly until chin aligns with left shoulder (repeat to the right)
- 4 Tilt head slowly to left, bringing ear over left shoulder (repeat to the right)



Shoulder Rolls

- 1 Stand with feet flat on the floor, knees slightly bent, head forward
- 2 Slowly roll shoulders forward 10 times beginning with little circles, progressing to larger circles
- 3 Repeat step two, rotating shoulders backwards



Hamstring Stretch (Lying Down)

- 1 Lie flat on back with knees bent
- 2 Grasp one leg behind thigh and slowly bring toward chest
- 3 Pull until gentle stretch is felt, hold
- 4 Return to starting position, repeat with other leg



Hamstring Stretch (Standing)

- 1 Stand with one leg straight out, resting leg on a table or chair
- 2 Slowly bend leg you are standing on until you feel stretch under thigh of raised leg, hold
- 3 Return to starting position, repeat with other leg



Hip Twists

- 1 Lie flat on back with knees bent, feet flat on floor
- 2 Slowly rotate hips to the left, lowering legs down to the floor until a mild stretch is felt, hold
- 3 Return to starting position and repeat step two, rotating hips to the right, hold



Back Extensions

- 1 Lie on stomach and prop up on elbows, extending back
- 2 Slowly begin to straighten elbows, further extending back, until mild stretch is felt, hold