

Spinal Hygiene Exercises

- Each of these exercises will be performed for both sides of the body
- For each exercise, move to maximum range of motion and hold for a minimum of 15 seconds
- Make sure you continue breathing with a relaxed face while stretching

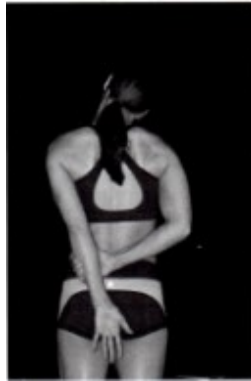
Neck Rotation

Rotate head to one side as far as possible and hold.



Neck Lateral Flexion

Pull left arm down and across back while laterally flexing head to right.



Neck Extension

Extend head back as far as possible and hold. Discontinue and tell doctor if dizziness occurs.



Neck Flexion

Flex head forward as far as possible and hold.



Spinal Forward Flexion

With knees straight, slowly bend forward and flex spine as much as possible and hold.



Spinal Lateral Flexion

With knees straight bend to the side and slide your hand down your leg as far as possible and hold.



Spinal Backward Extension

With knees straight, slowly extend backward as much as possible and hold. Discontinue if dizziness occurs.



Spinal Rotation

Firmly plant feet on ground shoulder width apart. Clasp hands while posteriorly rotating head, shoulders and hips as far as possible and hold. Hold for 2 seconds, then switch sides, repeat 5x to each side.

