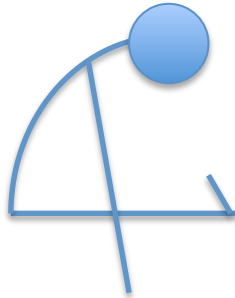


Spinal Health

Dural Stretch

Sitting on the ground with your legs straight ahead and your toes pointing flexed slouch your lower back into a 'C' curve and flex your neck forward. This will create tension on your whole dura, you can roll your eyes up from left to right to create a slight increase in tension



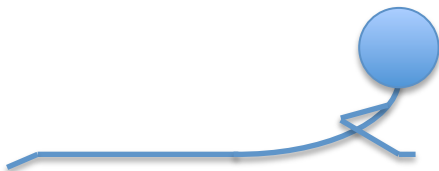
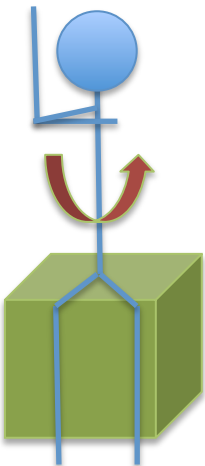
Spinal Traction

With your feet up the wall (without a hamstring stretch)back up from the wall and put a block behind you if needed. With a neutral spine, feel like you are pulling your head towards the right and your coccyx towards the left. Engage your legs with out moving them, flex your feet and feel like they have steel rods in them extending towards the ceiling, Do the same with your arms, maintaining your shoulders away from your ears
Perform this before bed; this will help your spine increase circulation and nutrition, without the daily walking compressive forces, helping the spine will repair its self. Hold for 10 minutes or the maximal amount of time before the core connections start failing.



Spinal Rotation

Sitting down with your elbow together rotate from side to side, at least 10 x then pausing at the side of maximal restriction and pulsing gently to increase range of motion in the ribs and thorax.



Spinal Extension

Flat on the ground, maintaining a flat back through out the stretch and the tail bone tucked under(posterior pelvic tilt) gently arc your back up, if your back 'sags' come back down. If the back arches, you are increasing the pressure on the facet joints and the bony spinal segments, which will equate in pain.