



# SPINAL HEALTH EXERCISES



## Head Rotation

Objective is to open up vertebrae & muscles in neck and to help restore the natural, healthy cervical curve. Do full turns each way, looking up and over the shoulder as far as possible keeping your eyes on the thumb. Pause briefly while at end of movement. Do not compensate by turning the upper body. For a very painful neck, only use head rotation without arms. 10 reps 3x day.



## Arm Raise

Objective is to strengthen nerve supply & muscles in neck and low back and to help restore the natural, healthy spinal movements by strengthening the core. Lift one arm up directly sideways until level with the shoulder. 10 reps 3x day.



## Low Back Kempes

Objective is to open up vertebrae & muscles in low back and to help restore the natural, healthy low back curve. Twist backward and sideways 45degrees, run the hand down the side of the leg as far as comfortable (avoid pain). Only go as far as comfortable. Hold for 3 secs. Repeat on opposite side. Repeat 10 times. 10 reps 3x day.



## Rolled Towel

Objective is to open up vertebrae & muscles in neck and to help restore the natural, healthy cervical curve. This can also be used to help clear irritations in the upper back and neck. Place a rolled up towel under the middle of neck. Push directly back with light to moderate force, do not roll head or lift chin. Hold for 30 secs, 3x day.



## Posture Awareness

Objective is to open up vertebrae & strengthen weak muscles as well as loosen hypertonic (tight) muscles in the whole body. To help restore the natural, healthy complete spinal curve. Imagine there is a button on the back top part of your head. Push the button into the ceiling by extending through your neck, the chin should slightly tuck in. Keep shoulders relaxed.