

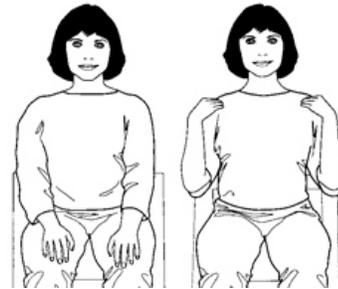
CHANGE YOUR
BRAIN
GET ADJUSTED
SPINEWAVE
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09 522 0025

Simple Self Care for the Spine

Start a routine.

Rather than giving you a list of complex exercises, let's teach you how to remove some detrimental spinal habits. These few tips will support you in better health simply by paying attention.

- Avoid crossing legs while sitting.
- Stand evenly on both feet.
- Sit evenly on both sides of the pelvis.
- Avoid sleeping on your stomach.
- Don't hold the phone with your head.
- Avoid propping your head with your hand.



Step 1: Hips.

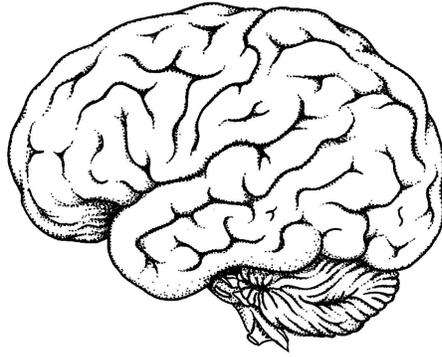
The position of your hips affects tension in the lower back. The hips, pelvis and sacrum form the foundation on which the entire spine is balanced.

- Check how you are standing, sitting or lying.
- Are your hips relaxed? Are they even?
- Alter the legs or feet to come back into a more relaxed posture.
- Move your hips to make sure you are not completely rigid.
- Breathe abdominally twice, not forcefully and in a relaxed tempo.

Step 2: Shoulders.

Raised and tense shoulders is the most common offence. Lower them.

- Most importantly, are they level? Are they relaxed?
- Roll your shoulders loosely and allow them to return to a natural position.
- Breathe into the top of your lungs twice.



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Step 3: Head.

Over time it seems the head wants to take off and leave the poor old body behind. Most commonly the head juts forward off the body. Computers, reading and declining eyesight are responsible for a lot of neck tension.

- Check the position of your head and bring it back over your shoulders.
- Gently and loosely move your head from side to side.
- This helps your muscles resume “neutral”.
- Relax your eyes. Widen them and then shut them a couple of times.

Subtle Indications of Advancement

Beginner

You will start to catch yourself contorting when you are meant to be relaxed.

Intermediate

You know you're getting good at it when you are focused, watching sport or engrossed in conversation and you pull yourself up and correct your posture subconsciously.

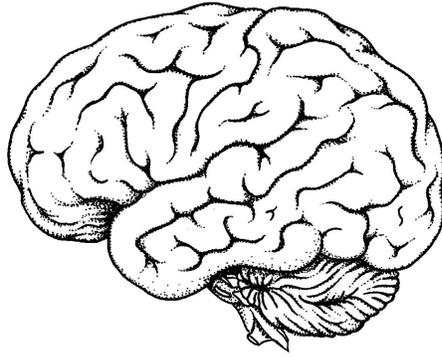
Advanced

You'll know you've made it when you lose your cool, or you are in the domestic line of fire, and you are still breathing easily and holding a relaxed, even posture. Remember with masterful wisdom comes responsibility. Be gentle with your friends and family – encourage them, but understand they will have to become beginners too.

If back or neck pain develops

The muscles will try to protect the area. If you are able to (as soon as possible) lie down and put your hands over the area that is sore. Then breathe in to make your hands rise and fall with your breath. Try to relax as much as possible. Do this for 2-5 minutes. Repeat if beneficial.

Use ice for joint pain and heat for muscle pain.

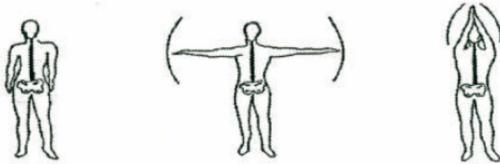


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Basic Stretches

Warm up.

Feet together; arms to your side. Inhale, raising arms out sideways. Continue inhalation by expanding your chest. Simultaneously extend hands and rise onto your toes. Hold in extreme position for a count of 5. Slowly exhale, lowering your arms; returning heels to the floor and relaxing the abdomen. Repeat twice, holding for counts of 10 and 15.



Full spine stretch.

Feet apart; hands behind your head. Breathe out as you bend to the right and hold for a count of 5. Breathe in as you slowly return to the upright position. Breathe out as you bend to the left and hold for another count of 5. Breathe in as you slowly return to the upright position. Repeat the entire sequence twice, holding for counts for 10 and 15.



Back and leg stretch.

Fold forward from your hip sockets, not the waist. Direct your breath into your back. Bend your knees and fold your arms.



Hip joint stretch.

Feet at right angles. Fold deeply into the hip socket. Lengthen your body and look up to your hand. Deep breaths in.

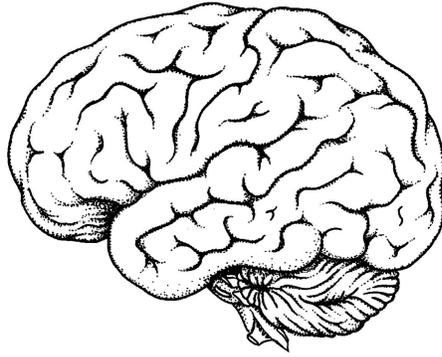


Hamstring stretch.

Sit on the floor with the one leg straight and the other bent – sole of the foot against the knee (A). Grasp the straight knee with both hands. Breathe out, bending your elbows and pulling the chin down as far as possible (B). Hold for a count of 5, and then slowly come up. Bend at the hips – don't force anything.



Never twist, bounce or jerk when stretching!



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Groin stretch.

Sit on the floor with knees bent apart, soles together and comfortably in front of you. Grasp ankles; push knees out with your elbows and exhale. Bend forward until stopped by muscle tightness. Hold for count of 5. Inhale as you straighten to the upright position. Repeat twice, breathing deeply.



Sacroiliac stretch.

Lie on your back with both legs straight. Bend right knee until thigh is at right angle. Grasp the knee with both hands and pull it to the opposite side as far as possible without raising the hip off the floor (do not twist your low back!). Hold for 5. Relax as you breathe out and gently lower the leg to the floor. Perform the identical movement with the other leg.



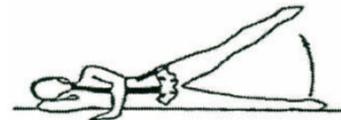
Pelvic stretch.

Lie on the floor with knees bent to approximately 45 degrees. Breathe in as you flatten your back against the floor by contracting your stomach muscles and rotating your hips down. Hold for a count of 5 then relax. Repeat twice, holding for counts of 10 and 15.



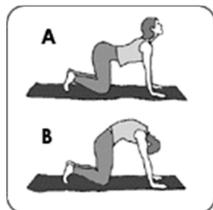
Side stretch.

Lie on your right side with legs out, right hand supporting your head. Breathe in, and using left hand to stabilise, raise the left hip toward ribcage and hold for a count of 5. Breathe out and gently lower leg. Perform on the opposite side.



Cat stretch.

From the hands-and-knees position with back level, breathe in as you lift your head up and arch the spine downwards (A). Hold for a count of 5. Then breathe out slowly, lowering your head and raising the spine up by contracting your abdominal muscles. Hold this (B) for another count of 5 and to neutral. Repeat 3 times.



Low back stretch.

Lie on your back and bend **both knees** up to 90 degrees. Keeping legs together, roll **both knees** across the midline as you place a very gentle twist through your spine. Slowly roll across to the other side. Doing this with one leg bent and the other straight places unnecessary stress on the spine (don't do this).

