

# Spinal Exercises

These exercises should not cause discomfort. If you have any discomfort when performing these exercises, STOP.  
Ask Dr. Brown or a team member in the office for other options

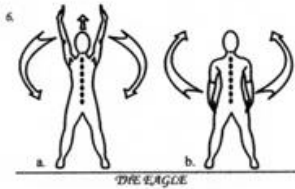
## Inner Winner Posture

Feet shoulder width apart  
pointing straight ahead,  
Knees slightly bent, Abs in,  
Glutes tight, Shoulders down,  
Chest out, Head back.



## The Eagle

Inhale up, w/ arms going up  
Exhale down w/ arms going down



## The Butterfly

Hands locked behind your head.  
Push head into hands and elbows back  
No counter pressure on hands.  
Hold for 10 secs  
Repeat 2x



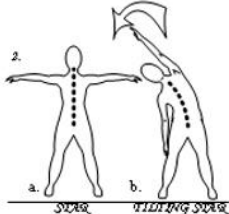
## Rotating Star

Rotate arms from one side to the other 10x.  
Allow lower body to move with you as well as neck



## Tilting Star

Tilting to one side hold for 10 secs then tilt  
to the other side hold for 10 secs, arms fully out



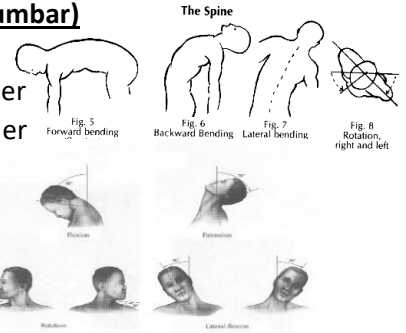
## The Rocker – Optional

Sit on floor, place hands behind knees  
Rock back and forth on back



## Ranges of Motion (Neck & Lumbar)

Forward & Backward  
Turn to one side then the other  
Lean to one side then the other  
Hold each one for 10 secs



## The Hummingbird

Rotate shoulder blades backwards 10x & forwards 10x  
Focus on pulling shoulder blades together.



## The Donut

Place hands on hips and rotate in both directions  
10 circles each way.



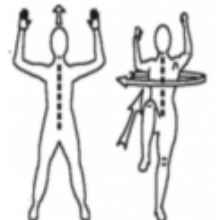
## The Banana

Hold hands above head,  
Pull and lean from one side  
hold for 10 secs  
Then to the other side  
hold for 10 secs



## Twirling Star

Option 1: Keeping your feet on the ground,  
Bring you opposite hand to your knee.  
Option 2: Feet come off floor. Opposite  
Hand and knee together.  
Option 3: Bring you opposite elbow to  
Your knee.



## Shake It Out - Optional

