

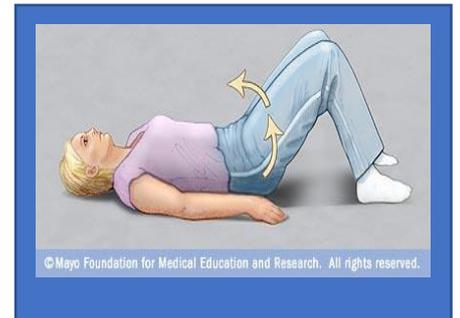
Stretching exercises for back care

1. Pelvic tilt

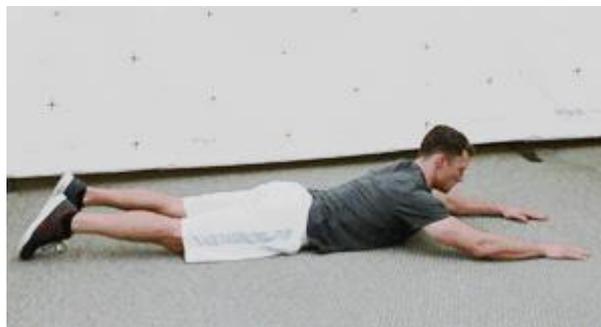
A pelvic tilt will help stretch tight muscles in the hips and lower back.

To do a pelvic tilt:

- Lie on your back with your feet flat on the floor and knees bent.
- Tighten your stomach muscles while flattening your back toward the floor.
- Hold for 5 seconds, while breathing normally.
- Release.
- Do two sets of 10.



2. Arm and leg raises



People can strengthen their lower back with arm and leg raises. To do the raises:

- Lie on your front with your forehead to the ground.
- Extend your arms out over your head, with the palms positioned flat on the ground. Keep your legs straight.
- Raise one arm off of the ground.
- Hold for one or two full breaths, then lower the arm back down.
- Repeat with each arm and each leg.
- Aim for 15 repetitions on each limb.

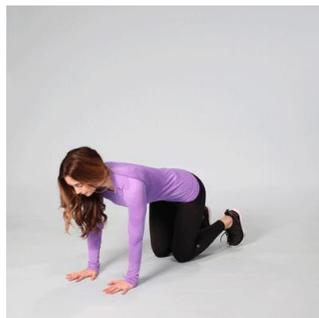
3. Cat-Camel



The Cat-Camel is a [yoga](#) pose. It can help keep the spine flexible and pain-free. To do the Cat-Camel pose:

- Begin on the hands and knees, ensuring your back is level, and your head and neck are comfortable.
- Breathe deeply, then draw the abdominal muscles in and up, arching your back.
- Exhale and release the abdominal muscles, dropping the back, letting the belly fall, and lifting the head toward the ceiling.
- Do two sets of 10.

4. Bird-Dog

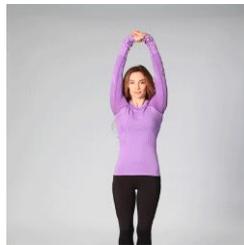


The Bird-Dog is another yoga-inspired exercise. To do this exercise:

- Begin on the hands and knees with your back straight.
- Place your hands directly under your shoulders, with the knees directly under the hips.

- Extend one arm straight out and forward while extending the opposite leg straight back.
- Breathe normally and hold for 5 seconds.
- Repeat with the opposite arm and leg.
- Do 10–15 repetitions on each side.
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5. Latissimus dorsi stretch



People can stretch the latissimus dorsi — the largest muscle in the upper body — with this stretch. Thoracic scoliosis directly affects these muscles. Lumbar scoliosis can also cause back tension that extends up to the latissimus dorsi.

To do a latissimus dorsi stretch:

- Stand with good posture in a neutral position.
- Keep the feet shoulder-width apart and the knees very slightly bent.
- Reaching over your head with both hands, grab your right wrist with your left hand.
- Bend slightly toward the right side until you feel a stretch in the left side of the body.
- Hold for one to two breaths, then push with the left foot to return to the original position.
- Repeat on the opposite side.
- Do 5–10 repetitions on each side.

6. Practicing good posture



Good posture can reduce pain and muscle tension. Several times a day, a person can realign their body to help them learn to stand with good posture naturally.

To have a good posture when standing:

- Drop your shoulders down and back.
- Position the ears over the shoulders
- Slightly tuck your chin in so that it is not jutting forward or too far down.
- Draw your stomach in slightly
- Unlock the knees slightly.

When sitting, keep the back straight and the ears over the shoulders. The legs should be in a neutral position and not crossed.

It can help to scan the body for signs of tension. For example, some people unconsciously tense their shoulders or lean slightly to one side, especially when they are in pain or under stress.