



## Low Back, Mid Back, and Neck



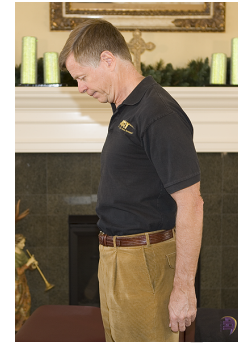
Seated gradually rotate torso to one side and look behind you, stretching the mid to low back. Then do other side.



1. Stand or sit upright with good posture.



2. Shrug shoulders upward and back. Hold for 5 seconds.



3. Allow head to hang forward. Move shoulders back and down as far as possible.



Seated, flex torso forward and reach backwards, keeping chin tucked, to stretch mid and low back.



Lying on the floor face up, gradually bring one leg across and over the other leg. Stretching hip and low back regions. Then do other side.



Each stretch should be performed slowly and gradually to your tolerance, and held for 5 to 10 seconds.