

Saucon Valley Acupuncture

<http://SauconValleyAcupuncture.com>

1526 Bleyler St. • Hellertown, Pennsylvania 18055




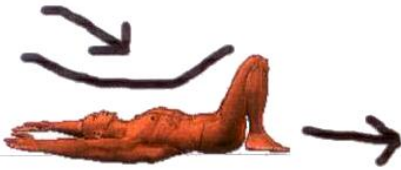

Phone : (610) 770-9476

Email: info@sauconvalleyacupuncture.com

At Home Exercises for Back and Neck Pain

Bottom Lift

It's important not to hinge the diaphragm area that's a common beginner mistake. It's not uncommon to feel a hamstring cramp this would be a positional change in the bones as opposed to a cramp from lack of minerals. Number three is the most important and subtle you want to milk that maybe take two or three exhales as you go down.

<p>bottom lift starting position</p> 	<p>1) exhale, curl tail up and out toward your knees, keeping belly soft as you lightly press down then lift each vertebra in sequence.</p> 	<p>2) inhale, raise arms overhead hinging at shoulder, keeping elbows long, tail suspended, belly soft.</p> 
<p>Starting Position</p>	<p>Position 1</p>	<p>Position 2</p>
<p>3) exhale, soften throat and heart space as you curl down through each vertebra keeping belly soft and lengthening through your core.</p> 	<p>4) inhale, return arms to starting point.</p> 	
<p>Position 3</p>	<p>Position 4</p>	

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Knee Folds

These are the most subtle of these three exercises. it's important to relax in between the attempts to move through your core, really your psoas muscle. Trying to bring the second knee up is the focus of the exercise without pooching your belly. When you move through your core it is a feeling of ease.

knee folds starting position



Starting Position

ouch!

please don't do this.
rt arm is to the side to show torso. do as shown in start. belly, neck grab and raise as 2nd Leg is lifted not good



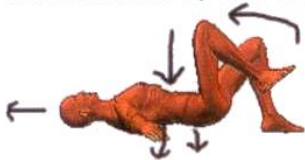
DON'T do this!

use supports as shown if you have difficulty keeping your neck and low back integrated (w/o tension). Stay within your range and work to expand it.



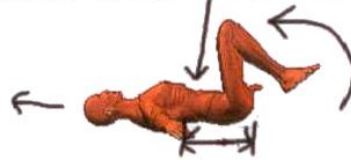
Position 1

exhale drawing one knee to your chest. most folks can do this without the belly "pooching". Notice the torso's relationship to the pelvis and the attitude of the abdominals.



Position 2

exhale, bring the 2nd knee up. Keep your belly soft and the space between your hips and the base of your ribs in contact with your mat. Always exhale first, then quickly, pull leg



Position 3

inhale, hinging at the hip lower feet towards the floor until your belly hardens, then quickly, forcefully **exhale** bringing knees to chest.



Position 4

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Cat
The cat seems simple enough but I noticed it's difficult for people to coordinate the motion with the breath. Especially if the diaphragm is hung up. Remember in number two it's not a camel keep the back flat.

cat

starting position



Starting Position

1) exhale, rise into high arch cat.



Position 1

2) inhale, uncurl tail to head and lengthen to flat back



Position 2

3) exhale, head & tail come together as base of rib case goes skyward.



Position 3

4) inhale, return to starting keeping 'greyhound loin'



Position 4