

SPINAL COLUMN

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Objectives: To mobilise the spinal segment and to correct the postural distortion, to strengthen the extensor muscles of the back and the muscles of the shoulder blades and to develop the pectoral muscles.

How to do it: Always, if possible, on a hard surface, with a thin carpet.

Exercises A: Lying on back, face upwards



Exercise 4

Starting position : Lying face downwards with both arms extended in line with the head, forehead resting on the floor.

Method : Raise both arms simultaneously without moving the head.



Exercise 5

Starting position : Lying face downwards, both arms extended in front in line with the head.

Method : Slowly raise both arms, the head and the upper part of the chest.

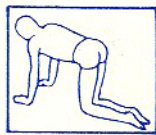
Exercises D: **Standing on all-fours**



Exercise 1

Starting position : Standing on all-fours, back straight, arms at right angles to the body.

Method : Raise the right arm upwards turning the head and upper part of the body in the same direction. Return to starting position and repeat the action with the other arm.



Exercise 2

Starting position : Standing on all-fours, back straight, arms at right angles to the body.

Method : Raise the right arm above the head and describe a semi-circle moving the arm down towards the back, with the eyes following the movement of the arm. Bring the arm back to starting position in the semi-circular movement. Repeat with the other arm.



Exercise 1

Starting position : Lying on back, legs drawn up, knees bent, feet touching floor, arms alongside body.

- Method** :
- i) Breathe in, raising both arms, stretching them beyond the head on the floor.
 - ii) Bring arms down extending them sideways to the floor at shoulder level while breathing out, then revert to starting position.
- After several sessions, the exercise should be performed with a weight of 0.5-1.0 kg. in each hand.
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Exercise 2

Starting position : Lying on back, legs drawn up, knees bent, feet touching floor, arms folded under the nape of the neck.

Method : While breathing in, press the elbows against the floor and relax them while breathing out.



Exercise 3

Starting position : Lying on back, legs bent double, feet touching floor, arms spread out sideways on floor at shoulder level.

Method : Draw the knees up to the chest, then turn them to the left bringing them as close as possible to the extended arm. Repeat the movement towards the other side.

Exercise B: Lying on the side



Exercise 1

Starting position : Lying on right side, legs bent double, right hand under the nape of the neck, left resting on knee, back straight.

Method : i) While breathing in, raise the left arm vertically.
ii) Turn the chest backwards till extended arm touches the floor, and bring back to starting position while breathing out.

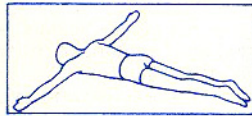
Exercises C: Lying face downwards



Exercise 1

Starting position : Lying face downwards, arms extended on either side at shoulder level. (In case of a bent spine or pronounced lumbar raise, place a small cushion under the stomach).

Method : Raise stretched out arms without moving the head.



Exercise 1

Starting position : Lying face downwards, arms extended on either side at shoulder level. (In case of a bent spine or pronounced lumbar raise, place a small cushion under the stomach).

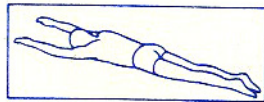
Method : Raise stretched out arms without moving the head.



Exercise 2

Starting position : Lying face downwards, arms extended on either side, at shoulder level.

Method : Raise the head, the outstretched arms and the upper part of the chest.



Exercise 3

Starting position : Lying face downwards, arms extended upwards by the side of the head.

Method : Raise the arms alternately without moving the head.