

**SUBMIT**

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**Spine Conditioning Program**  
STRETCHING EXERCISES

**1. Head Rolls**

**Repetitions:** 3 sets of 3  
**Days per week:** Daily  
**Equipment needed:** None

Main muscles worked: Cervical spine muscles, trapezius  
You should feel this stretch all around your neck and into your upper back.

**Step-by-step directions:**

- Sit in a chair or stand with your weight evenly distributed on both feet.
- Gently bring your chin toward your chest.
- Roll your head to the right and turn so that your ear is over your shoulder (1). Hold for 3 seconds.
- Gently roll your head back toward your chest and to the left. Turn your head so that your ear is over your left shoulder (2). Hold for 3 seconds.
- Slowly roll your head back and in a clockwise circle three times (3).
- Reverse directions and slow roll your head in a counterclockwise circle three times (4).

**Tip:** Do not shrug your shoulders up during this exercise.



**2. Kneeling Back Extension**


**Repetitions:** 10  
**Days per week:** Daily  
**Equipment needed:** None

Main muscles worked: Quadratus lumborum, erector spinae  
You should feel this stretch in your lower back and your abdominals.

**Step-by-step directions:**

- Begin on your hands and knees with your shoulders positioned over your hands.
- Rock forward onto your arms, round your shoulders and allow your low back to drop toward the floor. Hold for 3 seconds.
- Rock backward and sit your buttocks as close to your heels as possible. Extend your arms and hold for 5 seconds.

**Tip:** Look down on the floor to keep your neck in alignment with your spine.



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