

UNDULATION EXERCISES For General Spine Health

The gentle movements in these exercises will build strength and create deep flexibility in your spine.

They may feel good or perhaps stiff and awkward. *They should not hurt.* If a movement causes you pain, **STOP!** Back up and do the movement up to, but stop short of any pain. Try some variations. Move less, smaller or slower. Stay in a pain-free range.

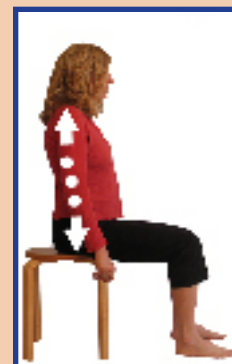
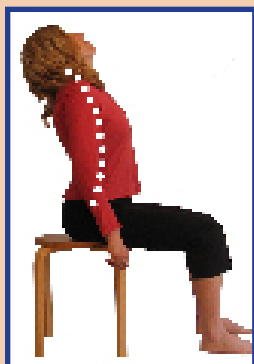
As you practice, you will nourish the discs between your vertebrae. The movements will become easier as your spine becomes stronger and more flexible.

Snap, crackle and *pop* sounds that don't hurt indicate short ligaments or calcium deposits and the need for frequent, gentle movement.

Be mindful of your breath and keep it steady throughout the exercises.

Back and Forth

_____ times per week _____ minutes each time

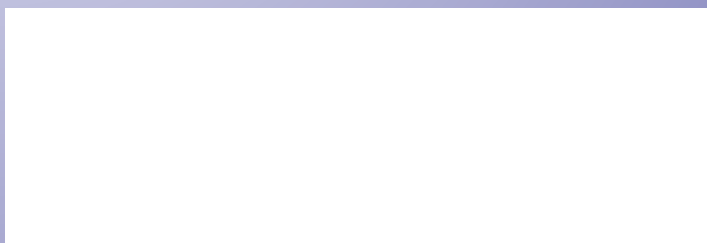


1. Sit with your sit bones and feet well grounded.
2. Drop your front ribs dip down toward your thighs so the middle of your back rounds out in back.
3. Next move your chest forward and up by contracting the muscles along your spine.
4. Alternate back and forth and notice which parts of your back move easily and which parts don't. What does it take to get the unyielding places to participate?
5. Now initiate movement from your lower abdominals. Tilt your pelvis by pulling your pubic bone up toward your chin about an inch.
6. Continue to draw your abdominal muscles in and back so your chest drops down and chin dips toward your chest.
7. To come back up, start at the base of your spine. Rock your pelvis forward so that your sit bones come back onto the chair surface and your low back returns to its normal curve.
8. Continue the motion flow up from your low back through your middle back, upper back, and through your neck. Straighten your spine until you are sitting tall.
9. Repeat curling in and unfurling, starting both movements from the bottom and working up.

Compliments of:

Consult with your physician or physical therapist before attempting these exercises if you have any back problems.

Over for more exercises



Side Sway

_____ times per week, _____ minutes each time



1. Sway from side to side. As you lean to the left, the right side of your spine will stretch and vice versa.
2. Notice which parts move a lot, perhaps your neck.
3. Limit the movement of the over-flexible places so they move no more than the places above or below.
4. Focus on increasing the movement of stiff places and controlling the movement in over-flexible ones. Create smooth, even curves throughout your spine.

Happy Dog

_____ times per week, _____ minutes each time



1. On your hands and knees with your hands directly under your shoulders and your knees directly under your hip joints, slowly wag your tail from side to side. As you wag to the left turn your upper body to look toward your tail.
2. Come back to the starting position and look straight down at the floor. Then repeat the sequence on your right side.
3. Inhale as you come back to neutral and exhale as you twist. Coordinate the movement from head to tail and everything in between. Do not reach too much with your neck.

If you like these exercises, you can find more in the book
Relieve Stiffness and Feel Young Again with Undulation by Anita Boser
available at www.undulationexercise.com.