



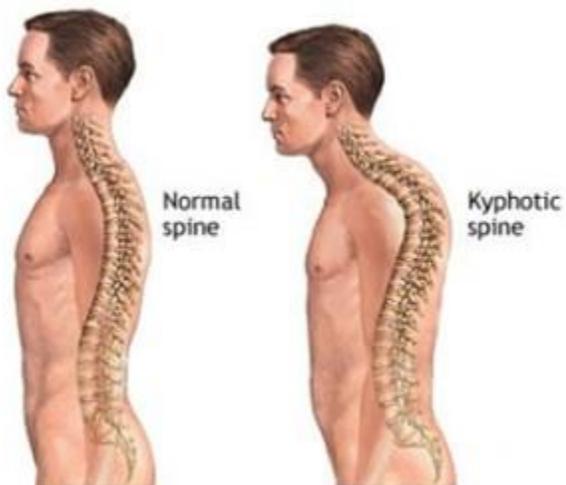
8 exercises to help you move your spine daily

By Larissa Makuch

Let's face it. Most people are quite stiff in their spines and kyphotic. It's a big word for excessively rounded forward in the upper back. Just think of a person that slouches.

Extensive daily sitting, lack of regular movement and exercise, forgetting to breathe, playing on our cell phones and many other bad habits we've picked up along the way are among contributors to the spine becoming stiff.

Back problems are the number 3 reason people go see the doctor. This is crazy, since most back problems are self-inflicted and can be reduced, managed and even eliminated by moving the spine.



I'm sure you've heard the saying "an apple a day keeps the doctor away." I feel the same way about daily spinal motion.

There are so many more reasons to move the spine.

- better posture
- decrease kyphosis (forward rounding of upper spine)
- lessen low back pain
- reduce chances of shoulder and upper body injury
- freedom of movement to perform every day activities with ease
- breathe better
- general overall wellbeing

For most people, the thoracic spine (middle of spine where the ribs attach) is very stiff. It shouldn't be, because it was designed to move. That's why we add as much thoracic movement to our classes at BODY HARMONICS whenever we can.

There are four main ways the spine can move: flexion (forward bending), extension (backward bending), lateral flexion (side bending) and rotation (twisting). These movements can also be combined in various ways and done in almost any position the body can get into (on your back, propped sideways, while sitting or standing, etc.)

When you begin to add these motions to different positions or to some of the daily movements and exercises you already know, the possibilities are endless. Some are simple and some can be more complicated. Today I'm giving you a few ideas for you to start with.

The exercises are effective and safe for most people without major spinal conditions. If you have a spinal condition, make sure to consult with your physiotherapist or health care professional to see which movements are safe for you to do.

If you would like to learn the exercises please email me and I will be glad to send them to you with description and video.

Kimberley@intunepilates.com