

Spine Stabilization

1. Start with back against wall with 3 points of contact: buttocks, shoulders and back of head
2. With thumbs pointing up and keeping 3 points of contact, raise arms above head while keeping arms shoulder width apart
3. Eliminate space between wall and mid back by tilting ribs downward

4 counts

1+2 – Inhale and raise arms above head

3+4 – Exhale and eliminate space between mid back and wall

Exercise – 3 sets of 10 repetitions

Stretch – 3 sets of holding end position for 20-30 seconds

