



# Averio Spinal Stretches

## **Benefits:**

These neurological and mechanical exercises help with brain function, balance, joint health, spinal health and posture.

*All movements are done seated, in a chair, with your feet flat on the floor, hands on your knees, sitting tall with good posture.*

- 1. Forward and Backward Movement:** start with tall posture. Curl forward and down, feeling a stretch in your back. Be gentle and sustain the movement at the end point. Then bend backwards with your head and back so that you are looking at the ceiling. Always be gentle - none of these movements should cause increased pain. Repeat 6 times total.
- 2. Side to Side Movement:** start with tall posture. Bend laterally to your left with your full spine and neck. Sustain at the end point and be gentle. Bend laterally to your right with your full spine and neck. Sustain at the end point and be gentle. Repeat 6 times total.
- 3. Gentle Rotation of the Full Spine:** start with tall posture. Bring your arms up and clasp your hands in front of your chest so your elbows are out and up across from each other. Then gently twist to your left with your whole spine, making sure to not exceed your stopping point. Be very gentle! Do not try to “pop” your back when you do this. Then gently twist to your right with your whole spine, making sure to not exceed your stopping point, and be gentle. Repeat 6 times total.