



# SPINAL SELF CARE TOOLS

## Neck Strengthening *Improves Neck Curve*

1. Point nose to the ceiling and arch neck back as far as it can go
2. Put both hands on the back of the head making sure your elbows are pointing forward
3. Create resistance with the hands while pushing your head backward. This engages the posterior neck muscles, and creates a more stable neck
4. Hold position for 5 seconds at a time
5. Return head to forward position before beginning again

Variation: Use the head rest of your car and push your head back against it. (But not while the car is moving!)

**Repeat 5 times in a row, 5 times per day.**

## Standing *When standing in line or for long periods of time*

1. Stand with feet shoulder width apart
2. Keep weight evenly on both legs
3. Bend knees slightly from time to time
4. Avoid leaning to one side

## Sitting *Whenever you sit for more than 15 minutes*

1. Sit at the edge of the chair with your knees bent and pelvis tilted down
2. Put one foot under the chair and the other in front



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## **Breath of 5** *Reduces stress and calms the Nervous System*

1. Breathe in to the count of 5
2. Hold in for the count of 5
3. Breathe out to the count of 5
4. Hold out to the count of 5

**Repeat 5 times in a row, 5 times per day, especially when feeling stressed.**

## **Brain Stimulation**

*Complete daily*

1. Move all joints through their full range of motion

## **Bouncing & Shaking**

*Any time of day, especially when feeling stressed or cold*

1. Stand with feet shoulder width apart
2. Bend and straighten knees in an up and down motion
3. Bounce
4. You can add a slight jump with feet off the floor or use a mini trampoline to get more aerobic benefits
5. Shake hands while bouncing, as if you were shaking off water

**Start incorporating these into your everyday activities to improve your physical, mental and emotional health!**