



Louis Attard

Bowen Therapist
Geelong

Ph. 0430 795 666

Spine Flexibility Exercise Suggestions

Any Questions Ph. 0430 795 666

IMPORTANT: Exercise GENTLY. If you push too hard you will hurt yourself and your health will go backwards. Progress is the benefits your body receives from increased circulation while performing each exercise through regular daily practice, not how far you can stretch. Immediately stop any exercise if it causes or increases pain. Begin exercises the DAY AFTER your Bowen treatment.

Spine Extension



1. Lie face down on the floor with legs stretched out straight. Put your hands on the floor under your shoulders.
2. Begin to straighten the arms to lift the chest off the floor and bend your spine backwards, going only to the height at which you can maintain your hips connected to the floor.
4. Look upwards, and distribute the back bend stretch evenly throughout the entire spine. Breathe normally.
5. Hold for 10 to 30 seconds. Lower your body back down gently with your arms, breathing easily. After a short rest, perform the stretch again for another 10 to 30 seconds.

Spine Twist

1. Lie on your back on the floor facing upwards.
2. Raise the right knee towards the chest. Place the left hand to the outside of the right knee and extend the right arm out to the side flat on the floor.
3. Look to the left and guide the right knee across to the left with the left hand. Keep the right shoulder, elbow and arm glued to the floor. The left leg stays straight. If the right knee and foot do not reach the floor (they most likely won't), just hold a gentle stretch for as far as they reach. Hold for 10 to 30 seconds. Breathe deeply and feel the expansion of your abdomen pressing on the muscles that are stretched along your back.
4. Repeat on the other side.



Spine Flexion



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1. Lie on your back.
2. Lift both knees to your chest.
3. Wrap your arms around your legs just below your knees, and pull them to your chest.
4. Hold the stretch and breath normally.