

Stretch of the Month

Dynamic Spinal Stretch

Dynamic Spinal Stretch:

1. Begin on hands and knees with hands directly under shoulders and knees directly under hips.
2. Inhale and lift your chest up and lift your tailbone upward.
3. Exhale and arch your back, tuck your chin and round your tailbone down.
4. Repeat these movements in rhythm with your breath.



Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

