

Spinal Flossing Stretches

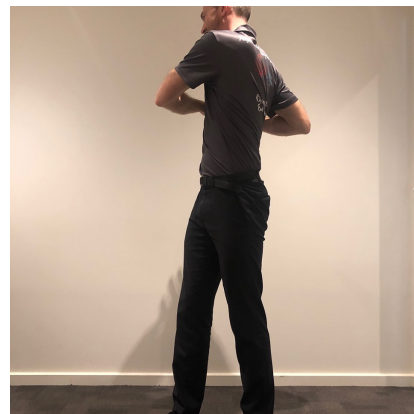
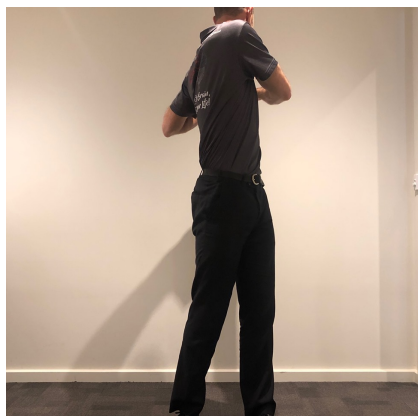
Lumbar Flossing



Begin by bending forward, trying to place hands flat on the floor. Then, try to lean back as horizontal as possible.

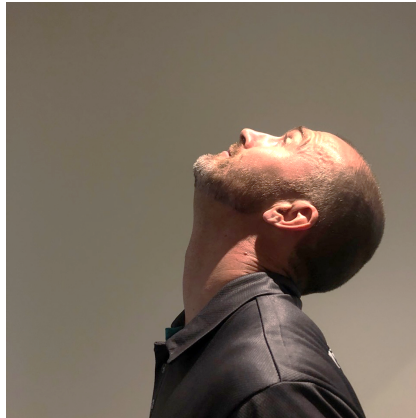
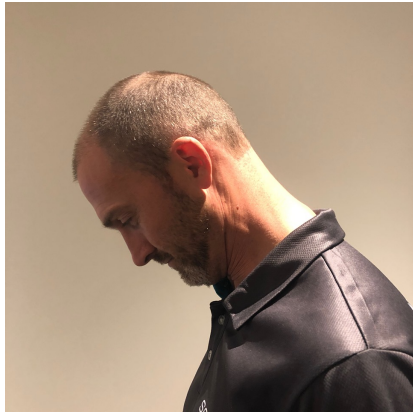


Standing upright, lean as far to the left as possible, and then to the right.



Keeping your feet facing the front, swivel from the hips to face the wall behind you on each side of your body.

Cervical Flossing



Move your neck in all directions as far as your comfortably can.

This process should be repeated 15-20x per day for maximum benefit.

