

Pain-Free Poses -- 20 Minutes

The following is a sequence of daily poses/actions designed to restore alignment in the spine, hips, and pelvis, especially when experiencing pain in any of the joints, including neck or back. Influenced significantly by traditional yoga asanas (postures), the sequence is from Pete Egoscue's book *Pain Free at your PC*.

1

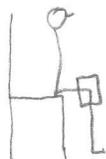


Gravity Drop – 3 mins

For hip stability and releasing mid back muscles.

- Stand on step or block with heels lowered; keep feet parallel
- Arch low back, head and shoulders back
- Engage leg muscles

2

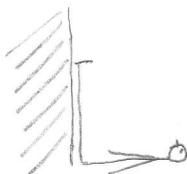


Sitting Knee/Pillow Squeezes – 40x

Strengthens and stabilizes pelvis.

- Sit with low back arched, feet parallel, hip-width apart
- Squeeze block or pillow between knees
- Squeeze and release 40x
- Keep belly and upper back relaxed

3

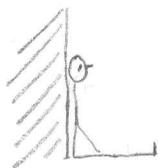


Static Wall – 3 to 5 mins

Releases muscles of torso, repositions shoulders, promotes hip stability.

- Lie on back with legs straight up against wall
- Feet hip-width apart, flex feet and engage thighs
- Relax upper body

4

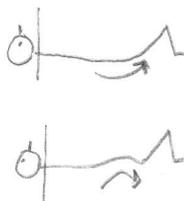


Sitting Floor – 4-6 mins

Engages trunk muscles and shoulder retraction, stabilizes hips.

- Sit on floor with back against wall, legs straight out
- Feet hip-width apart, flex feet and engage thigh muscles
- Squeeze shoulder blades together and hold
- Keep head back, rest arms by sides or palms face up on thighs

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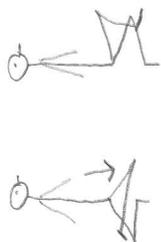


Pelvic Tilts – 10x

Strengthens and releases torso muscles.

- Lie on back with knees bent, feet on floor; arms in a “T,” palms up
- Roll hips toward head to flatten lower back into floor
- Roll hips away to arch lower back off floor (keep buttocks on floor)
- Exhale to tuck, inhale to arch

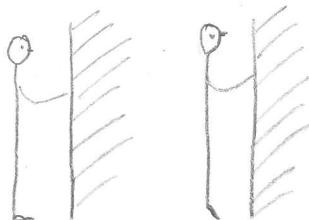
6



Hip Crossover – 30 seconds to 1 min

Encourages external rotation of thighbone, strengthening and stabilizing pelvis.

- Lie on back, knees bent, feet on floor
- Cross left ankle over right knee; reach left knee away from chest
- Lower legs to right side, placing left foot flat on floor
- After holding and reaching knee away for up to 1 min, change sides

Pelvic Tilts (2nd set, see instructions for pose #5)**3-Position Toe Raises** – 10x each

Brings both hips through full flexion/neutral/extension cycle.

- Stand near wall, feet hip-width apart
- Head and shoulders back, arch low back

Position 1: Feet parallel

- Rise up on balls of feet, keep legs straight; then lower heels to floor
- Balance weight between feet
- Raise and lower slowly, keeping feet aligned

Position 2: Feet “pigeon-toed,” big toes touching, heels apart

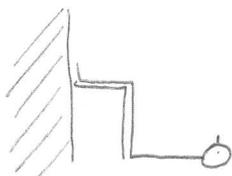
Position 3: Open feet with heels together, toes apart in “duck” stance.

Sitting Cat/Cow – 10x

Reunites hips with spine and shoulders during flexion and extension.

- Sit toward front of chair; feet flat on floor, parallel, hip-width apart
- Relax hands on thighs or alongside body
- Pull head, shoulders and hips back into extension (arch)
- Release slowly as you round the back, relaxing shoulders, neck and head forward

Bonus Poses: Whenever you can take time to relax, practice the Static Back. Add the Air Bench pose to the sequence above before Static Wall, or anytime before you go for a walk.

Static Back – 5-10 mins (or longer!)

Settles hips to floor; allows muscles of upper torso to relax to neutral.

- Lie on back, legs at right angles resting on a chair or ottoman
- Rest hands on belly, or on floor with palms up
- Allow back to settle into floor

Air Bench – Build up to 3 mins

Promotes lower-leg, thigh, and hip strength; relaxes muscles of torso.

- Stand with back against wall, pressing low back into wall
- Walk feet forward and slide down wall toward a sitting position
- Stop with legs at 90-degree angle; knees above ankles (if there’s knee pain, raise body up the wall until pressure is released)
- Press low and midback against wall; feeling quadriceps engaged
- After, push hands against wall, stand, and walk around for a minute