

Back in Motion

Back Pain Yoga Poses

Bridge Pose

1. Lying on your back, bend both knees and place feet flat on the floor hip width apart.
2. Apply pressure to feet, inhale and lift the hips up. Lightly squeeze the knees together to keep the knees hip width apart.
3. Press down on the arms and shoulders to lift the chest up. Engage the legs, buttocks, and pelvis to lift the hips higher. **Breathe and hold for 4-8 breaths.**



Downward-Facing Dog Pose

1. From table position, tuck toes under, press into the hands and start to lift the hips up towards the ceiling.
2. Using straight (not locked) arms, press the hips up and back reaching the chest towards the thighs.
3. Press the heels into the floor feeling a stretch in the back of the legs. Let the head and neck hang freely. **Breathe and hold for 4-8 breaths.**



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Locust Pose



1. Lie on your stomach with your arms along the sides of your torso, palms up, forehead resting on the floor.
2. Exhale and lift your head, upper torso, arms, and legs away from the floor.
3. Raise your arms parallel to the floor and stretch back actively through your fingertips. **Stay for 30 seconds to 1 minute.**

Cat/Cow Pose



1. Start in a “tabletop” position. Center your head in a neutral position, eyes looking at the floor.
2. As you exhale, round your spine toward the ceiling. Release your head toward the floor.
3. Inhale, coming back to the neutral “tabletop” position.
4. As you inhale, lift your body and chest toward the ceiling, allowing your stomach to sink toward the floor. Lift your head forward.
5. Exhale, return to “tabletop” position. **Repeat 10 to 20 times.**

