

# Neck & Lower Back Relief Position

Take this position periodically throughout the day if your neck or back are bothering you.

If it is possible, sit on a chair, with your “sit bones” at the edge. Rock your pelvis forward into a tilt. Gently turn your hands outward so that your thumbs are pointing behind you. Hold this position for a few seconds at a time.

This relief position can also be done standing.

With permission: Murphy DR,  
Clinical Reasoning in Spine Pain  
Volume II: Primary Management of  
Cervical Disorders and Case Studies  
in Primary Spine Care. Pawtucket,  
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# Neck & Mid Back Relief Breathing Position

Do this periodically throughout the day if your neck or mid back are bothering you.

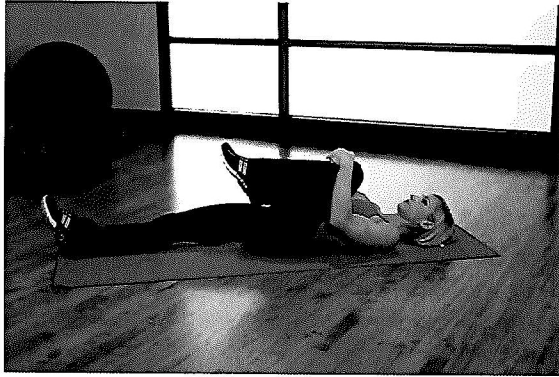
Sit in a chair facing the wall. Your knees should be approximately 4-6 inches from the wall. Cross your arms and place them on the wall, with your forehead resting on your forearms.

Slowly breathe in, then slowly breathe out and as you do, let your mid back gently sink forward into the breath.

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# Simple Exercises for Lower Back Pain



One-leg knee-to-chest (alternate: two-leg)

## TIPS:

- Avoid positions of flexion (bending, leaning forward) early in the morning.
- Maintain a neutral spine when bending/lifting (bend at the knees and hips, not at the waist)
- Avoid prolonged periods of sitting
- Exercise regularly
- Choose a diet rich in fruits, vegetables, and proteins; avoid artificial sweeteners, sugars, and processed foods



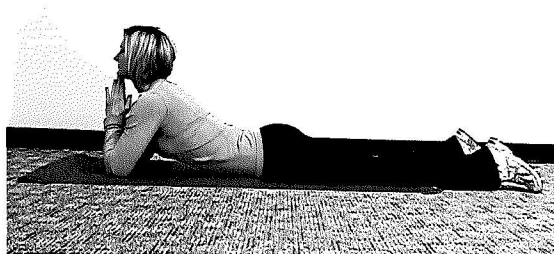
Knee rolls



Cat/Camel



# Simple Exercises for Lower Back Pain



Prone Pyramid



Prone Extension



Standing Extension