

Advanced Spinal Hygiene Exercises

Please consult your chiropractor before beginning these exercises

This spinal hygiene workout should be done 3-5 times per week

Crossover marching



- Start with your feet shoulder width apart and hands above head
- Bring arm and opposite leg together at mid abdominal level
- Alternate sides as if marching on the spot in a rhythmic manner
- Repeat ten times

Plank



Easy



Medium



Difficult

- Begin by placing hands on the floor and resting body on the knees, toes or legs on Swiss ball
- Pull the abs tight to hold your body in a straight line from head to knees without sagging in the middle
- Hold this position for as long as you can, relax and repeat 3 or more times.

Spinal extension exercises – Do at least two of these exercises every spinal hygiene workout

Superman and Swiss ball superman



- Start face down and lift your arm and leg as high as possible at the same time
- Lift your arm out at 45 degree angle with hand in fist and thumb up
- Hold this position for as long as possible
- Slowly lower arm and leg and repeat on the opposite side

Swiss ball back extensions



- Lie face down over a Swiss ball, keep your toes on the ground
- With your arms by your side extend your legs and spine into a straight position
- Contract your buttocks and bring shoulder blades together
- Hold for as long as possible and slowly lower to start position. Repeat

Prone back extensions



- Lie face down with your arms by your side
- Lift and extend torso and legs off the ground
- Hold for as long as possible and lower slowly to the ground. Repeat

Leg extensions



- Lie face down on the Swiss ball with hands firmly on the ground
- Keep your legs together, contract your buttock and back muscles in order to raise your legs as high as possible
- Slowly lower your legs. Repeat

Wake-Ups



- Begin on hands and knees, Bend your arm and bring your wrist under your shoulder, bring the opposite knee forward tucked under the body
- Raise your hand out at 45 degrees, hand in fist and thumb pointing up
- At the same time extend your opposite leg into a straight position behind
- Hold for as long as possible, slowly return to start position then repeat on other side

Spinal flexion exercises (abdominals) – Do at least two of these exercises every spinal hygiene workout

Core abdominals breathing sit-ups, this should be practised and used for each exercise



- Inhale and relax
- Exhale completely as you flex your hips, pull your belly button to your spine and press flat back against spine, contract your buttock muscles and bear down

THIS IS THE BASIS FOR ALL BREATHING AND ABDOMINAL CONTRACTION DURING EXERCISES

Abdominal Vacuums



- On hands and knees with hips over knees and shoulders over hands
- Inhale, relax abdominal muscles and allow back to arch
- Exhale and pull your belly button toward your spine, flex hips and flatten back
- Slowly exhale as much as possible while pulling your belly button to your spine, hold for as long as possible

Swiss ball abdominal vacuums



- Start on your hands and knees with your feet propped on the ball
- As you slowly exhale and contract your abdominals (pull belly button to spine)
- Keep spine straight and rigid and extend legs as you push your feet behind you bringing your shins onto the ball
- Hold this position as long as possible then slowly return to start position as you inhale

Swiss ball crunches (if this makes you dizzy consult your chiropractor)



- Lie on your back on the ball, feet planted on the ground arms across chest
- Exhale, pull your belly button to spine
- Slowly roll your spine forward starting at your neck ending at your pelvis
- Hold for as long as possible, slowly lower to start position whilst inhaling

Swiss ball side crunches



- Lie on your side on the ball with your feet against a wall (legs split forward and back) and your hands behind your head
- Exhale, pull your belly button to spine, slowly lift yourself so that your legs and torso are in a straight line
- Hold for as long as possible, slowly lower to start position whilst inhaling

Hip Raises – Bridge



- Lie on floor with knees bent and feet flat on floor
- Slowly exhale as you raise your hips as high as possible off the ground
- Contract your buttocks, hamstrings and abdominals (belly button to spine)
- Hold as long as possible, inhale whilst slowly lowering to the floor

Swiss ball oblique rolls



- Start in plank position with feet on top of ball
- Exhale, contract abdominals and roll to one side
- Hold, slowly return to middle and repeat on the other side

Swiss ball oblique twists



- Lie with upper back on the ball, arms straight and palms together. Knees bent at 45 degrees and feet flat on floor
- Slowly exhale, contract abdominals and rotate to one side by rolling on to your shoulder
- Hold this position for as long as possible, slowly return to start and repeat on the other side