Know Your Joints

Muscle and Joint Care Suggestions

Stretching: Being excessively flexible in the spine is not protective when it comes to back health. A normal balanced degree of flexibility is.

NO

Full standing spinal flexion

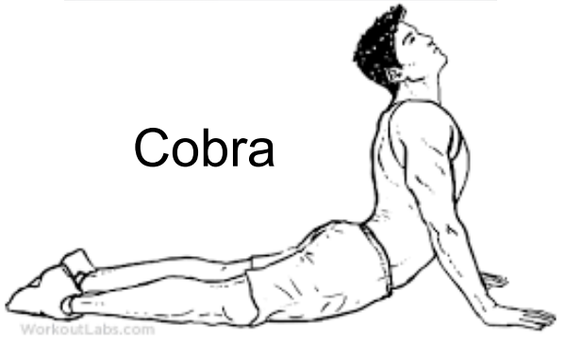
YES

Standing Back Extension

Cat/Cow

YES

Child Pose



Cobra

Knee to Chest

DETAILS: Stretching is a good thing for your arms and legs and shoulder and hip girdles, but you need to be careful when working with your spine. Too much flexibility to your spine is not protective and for that matter can be dangerous. You want a normal degree of spinal flexibility. Your spine is built to be a stable support so that you arms and legs can do their work. So DO NOT PUSH IT when it comes to your spine and stretching. To this point certain stretches may be dangerous to the spine, such as full spinal flexion while standing. Some stretches may be very good for certain back conditions, like the Cobra for a bulging disc, but this same stretch may be dangerous for someone with spinal stenosis. If you have a spine condition talk to a physical therapist about what stretches would be best for you.

As a general rule of thumb perform gentle stretches not taken to the end range of motion. Rather go to the first resistance barrier and stop there. If you have no spinal issues these are helpful some helpful stretches 1. Standing Back Extension 2. Cat/Cow 3. Cobra 4. Child Pose 5. Knee to Chest. As stated, I would avoid standing spinal flexion stretches considering that we spend most of our days in a spinal flexed position from seated postures.

These are great daily stretches