

Post Shoveling Realignment Exercises

1. Static back x 5 to 20 minutes
2. Static back reverse presses x 30
3. Static back pullovers x 30
4. Static back knee pillow squeezes x 60 with a 2 second hold during each squeeze

Static Back

x 5 to 10 minutes



- Lie on your back with your legs up over your inflatable large block or up over a chair/couch.
- Your arms are at 45 degrees and your palms up.
- Let your legs totally relax, even let the knees or thighs relax out to the sides, that will help
- Try to relax your upper back and notice if your low back is flat evenly from left to right.
- Now just let gravity do its job to allow everything to relax into the floor over time

Static back Reverse presses x 30



How to Perform this E-ciseTM

1. Lie on your back with your legs up over a block or chair.
2. Relax your legs, back and stomach.
3. Place your arms in a bent position directly out from your shoulders.
 - Bend 90 degrees at the elbows, hands are in a fist pointed up toward the ceiling.
 - Now squeeze your shoulder blades down and together and then release.
 - Try to relax your stomach muscles and do NOT try just to push your elbows into the floor - focus on the squeezing and releasing of your shoulder blade muscles.
4. Repeat as directed on your menu.

Static Back Pull-Overs



How to Perform this E-cise™

1. Lie on your back with your legs up over a large block or chair, knees bent at 90 degrees.
2. Relax your legs, lower back and stomach.
3. Reach arms straight up above your chest, elbows locked and hands clasped together.
4. Now lower your hands down to the floor above your head.
 - Do not contract your abdominal muscles, keep the stomach and lower back relaxed.
 - Do not let your arms bend at the elbow, keep them straight throughout the e-cise.
 - If you are unable to lower your hands all the way to the floor behind you, go only as low as you are able while maintaining the straight arm position.
5. Return to the starting position and repeat as directed on your menu.

Static Back Knee Pillow Squeezes



- Lie on your back with your legs up over a block or chair.
- Place a pillow between your knees.
- Place your arms out to the sides at 45 degrees from your body with palms up.
- Relax your upper back.
- Inhale to expand your ribs front/back and sides no squeeze and keep pelvic floor relaxed
- Exhale fully as you squeeze and hold the block for 2 seconds
- Repeat 60 times