SPINE STRETCH FORWARD

Starting Position: Long seated on sits bones. Arms reached forwards. Neutral pelvis. Ribs slightly back.
Alternate Position: Seated on chair with feet flat on floor. Knees level with hips. Weight on sitz bones.

Instructions:
1. Exhale: Curl spine forward starting with head, shoulders and mid-back.
2. Inhale: Breathe into back ribs. May hold position for several breaths.
3. Exhale: Roll back to starting position.
4. Repeat for __ repetitions.

Tips:
Tight Hamstrings: Sit on elevated surface or place object under knees.
Back Against Wall: Sit against wall and peel back off wall one segment at a time starting with head.
Rib Cuing 1: As one reaches forward ribs will begin to pull back.
Rib Cuing 2: Lengthen back ribs away from pelvis during reach forward to create a lengthened curl.

Variations:
Arm Press: A partner can resist arms pressing downward to aid in lengthening spine.
Seated Spine Stretch Forward: Perform exercise seated with hands on a table/desk.
Add a Twist: While in forward stretch position, reach one arm forward more.