

6 Yoga Poses to Help Older Adults with Low Back Pain

Remember to check with your doctor before doing this or any other exercise to ensure it is safe and helpful for you!

1 SUPINE BRIDGE

Lie on your back with your arms on the floor at your sides, your legs bent at the knees and your feet flat on the floor. Tighten your abdomen and glutes and slowly lift your hips off the floor, while keeping your back straight. Then, slowly lower your butt and hips back down to the floor.

Do 10 repetitions.



2 BIRD DOG

Get down on all fours, with your hands on the floor directly under both shoulders and your knees directly under your hips. Keep your head in line with your spine and lift your right arm forward and your left leg straight behind you until they are both parallel to the floor. Pause, then return to the starting position. Repeat with the left arm and the right leg. Be sure to keep your abdominal muscles tight, your back flat and your hips level throughout the exercise. Do 10 repetitions on each side.



3 CAT & COW

Start on all fours, with your hands on the floor directly under your shoulders and your knees directly under your hips. Tuck your chin toward your chest and slowly round your back up toward the ceiling; pause for a couple of seconds, then slowly draw your shoulders away from your ears, relax your back and arch it slightly while gazing ahead of you. Return to the starting position.

Do 10 repetitions.



4 CHILD'S POST

While you're still on your hands and knees, push your butt back onto your heels, with your knees apart. Lower your upper body between your knees, stretch your arms along the floor above your head and place your forehead on or near the floor.

Hold this position for 20 to 30 seconds.



5 KNEE TO CHEST STRETCH

Lie on your back with both legs bent and your feet flat on the floor. Lift your feet, pull one or both knees toward your chest and hug them with your arms.

Hold this position for 20 to 30 seconds, while keeping your back relaxed against the floor. Then, release.

Repeat this stretch a few times.



6 LOWER BACK ROTATION STRETCH

Lie on your back with your knees bent and your feet flat on the floor. Keep your shoulders flat on the floor and your knees together as you let them slowly roll to the right side of your body. Pause for five seconds, then slowly return your knees to the starting position. Then, slowly let your knees roll to the left side of your body; pause for five seconds then return to the starting position.

Repeat this several times on each side.



Listen to your body: if it hurts back off. Don't "push through" pain!



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