

LOWER BACK PAIN

CHAIR EXERCISE

01

SEATED CAT-COW STRETCH

Sit upright with feet flat and hands on your knees. Inhale as you arch your back, lift your chest, and gaze upward (Cow). Exhale as you round your spine, tucking your chin toward your chest (Cat). Repeat gently for several breaths.



02

SEATED FORWARD FOLD

Sit at the edge of the chair, feet hip-width apart and flat. Hinge forward from your hips, allowing your arms to hang and head to relax toward the floor. Breathe deeply, keeping the neck and shoulders soft.



03

SEATED SPINAL TWIST

Sit tall with feet grounded. Place your right hand on your left knee and your left hand behind you on the chair. Inhale to lengthen your spine, exhale to gently twist your torso to the left. Hold and breathe, then switch sides.



04

SEATED FIGURE FOUR STRETCH

Sit upright and cross your right ankle over your left thigh, forming a figure four shape. Keep your spine long and gently press the right knee downward. Lean forward slightly if comfortable. Switch sides after a few breaths.



05

CHAIR PIGEON POSE

Sit tall and bring your right ankle over your left knee. Keep both hips level. Rest your hands on your lap and breathe into the stretch in your outer hip. Maintain a straight spine. Switch legs and repeat.



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06

SEATED SIDE STRETCH

Sit with both feet planted. Raise your right arm overhead and gently lean to the left, feeling the stretch along your side. Keep your left hand resting on the chair for support. Return to center and switch sides.



07

SEATED KNEE-TO-CHEST

Sit with a tall spine. Hug your right knee into your chest using both arms. Keep your shoulders relaxed and spine upright. Hold the stretch, then switch to the left leg.



08

SEATED HAMSTRING STRETCH

Extend your right leg forward with heel on the ground and foot flexed. Hinge at the hips to lean toward your extended foot, keeping your back straight. Feel the stretch along your hamstring. Repeat on the other side.



09

SEATED HULA HOOPS

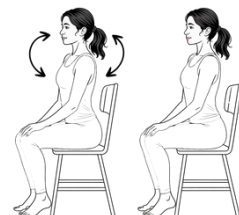
Sit firmly on the chair, hands resting on your thighs. Begin to circle your torso clockwise as if tracing a hula hoop motion. Use smooth, fluid movements. Repeat counterclockwise. Great for loosening the lower back and core.



10

SHOULDER ROLLS

Sit comfortably and lift both shoulders up toward your ears. Then roll them back and down in a circular motion. Repeat several times. Reverse the direction to keep your upper body relaxed and mobile.



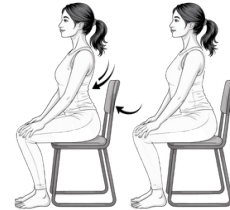
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11

SEATED PELVIC TILT

Sit with feet flat and hands on hips or thighs. Inhale as you tilt your pelvis forward, arching the lower back. Exhale as you tuck the pelvis under, rounding the spine. Perform slow, controlled motions to engage the core and lower back.



12

SEATED TWIST WITH ARM REACH

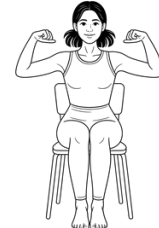
Sit tall with feet flat. Cross your right hand to your left knee and extend your left arm behind you, either reaching or resting it on the chair. Twist from the waist, not the neck. Keep the spine long. Repeat on the other side.



13

SEATED CACTUS ARMS STRETCH

Sit tall with arms raised to shoulder height, elbows bent 90° like goalposts. Pull the shoulder blades together gently, opening through the chest. Hold for a few breaths, then release.



14

SEATED NECK AND SHOULDER RELEASE

Sit upright. Tilt your head to the right and place your right hand gently on top of your head. Allow the weight of the hand to deepen the stretch. Keep the opposite shoulder relaxed. Hold, then switch sides.



15

DEEP BELLY BREATHING IN SEATED POSTURE

Sit comfortably and lift both shoulders up toward your ears. Then roll them back and down in a circular motion. Repeat several times. Reverse the direction to keep your upper body relaxed and mobile.



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**SEATED CAT-
COW STRETCH**



**SEATED
FORWARD FOLD**



**SEATED SPINAL
TWIST**



**SEATED FIGURE
FOUR STRETCH**

LOWER BACK PAIN

CHAIR EXERCISE



**CHAIR PIGEON
POSE**



**SEATED SIDE
STRETCH**



**SEATED KNEE-
TO-CHEST**



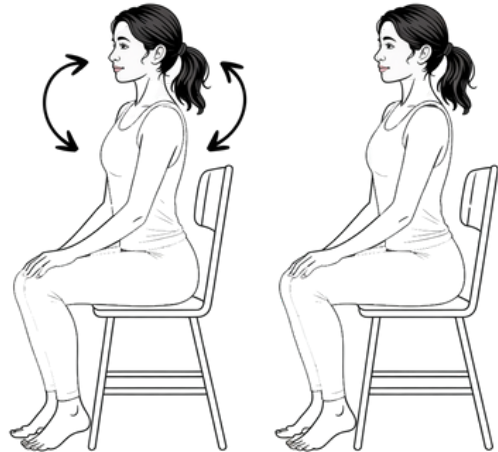
**SEATED HAMSTRING
STRETCH**

LOWER BACK PAIN

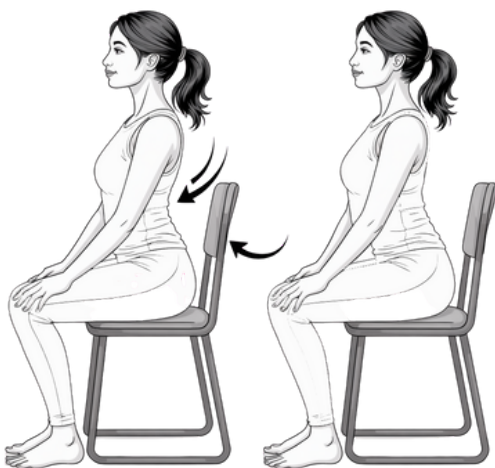
CHAIR EXERCISE



**SEATED HULA
HOOPS**



**SHOULDER
ROLLS**



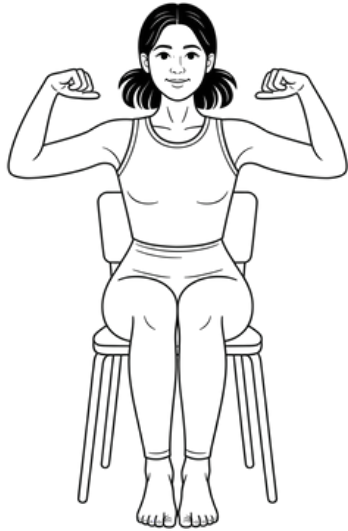
**SEATED PELVIC
TILT**



**SEATED TWIST WITH
ARM REACH**

LOWER BACK PAIN

CHAIR EXERCISE



**SEATED CACTUS
ARMS STRETCH**



**SEATED NECK &
SHOULDER RELEASE**



**DEEP BELLY BREATHING IN
SEATED POSTURE**