

# Healthy Balance Massage Therapy



Laura Kelly RMT  
Melissa Blois RMT

389 King Street, Windsor NS  
Laurak-s@Hotmail.com  
Melissa\_Blois@Hotmail.com  
(902) 792-1506



## CORE/LOWER BACK STRETCHING

Things to remember:

- Keep back straight and shoulders relaxed. Make sure that your shoulders don't end up by your ears and that you aren't slouching.
- Remember to breathe
- If you feel a sharp pain or pain in a joint, ease out of the stretch or change the position a little bit.
- Repeat stretches for both sides when appropriate
- Hold each stretch once you feel the "stretch sensation" and keep it there until that sensation goes away. Timing varies for each person and will vary each time you stretch.
- Try these stretches anywhere! See if you can do them in the car (as a passenger), brushing your teeth, in bed before you get up or before you fall asleep, while studying, reading or watching T.V.



### **Abs, Glutes and Lower Back:**

Lay on floor on back with knees bent, feet flat on the floor and arms stretched to the sides, palms down. Slowly drop knees to one side, making sure that the shoulders do not twist as well. If knees are not able to make it completely to the floor without pain, then stop when a stretch is felt, no matter the distance from the floor.

\*\* Optional: Extend top leg out to the side \*\*



**The Twist/Abs and Glutes:**

Sit on the floor with legs extended in front. Bend right knee and place foot on the outside of the left extended knee. Turn body to the right while placing right hand behind for stability and left arm across the bent knee for added stretch. Do not add the extra stretch if pain is felt and complete exercise very slowly.

---



**Lower Back:**

Kneel on floor, sit back onto heels and extend arms out in front of you on the floor, shoulder width apart. Don't round your back and feel free to lift your bum off of your heels if the stretch is too much.

---



**Front of Torso/Core:**

Stand with feet together, inhale and do a small lunge forward. Keep your front leg slightly bent, and your back leg extended. Reach your arms above your head and lean back a little bit.

\*\* Don't arch your back or reach to the side \*\*

---



**Side of Torso:**

Stand with your feet hip width apart. Extend your left leg to the side and bend sideways over left leg. Use left hand for light support on thigh or outside of knee and stretch right arm over head while you side bend.

\*\*Be sure not to lean forwards\*\*

---



**Lower Back:**

Lie on back and hug both of your knees to your chest



**Angry Cat and Cow:**

Kneel on your hands and knees with your hands directly below your shoulders and your knees directly below your hips. Arch back up and look at knees, and then arch back slightly down and look straight ahead  
\*\* Keep shoulders relaxed and away from your ears\*\*



**Whole Body Stretch:**

Lie on your back on the floor, feet together, legs straight, with your arms extended above your head. Inhale deeply and stretch your arms and legs as far as you can. Exhale and relax.

---