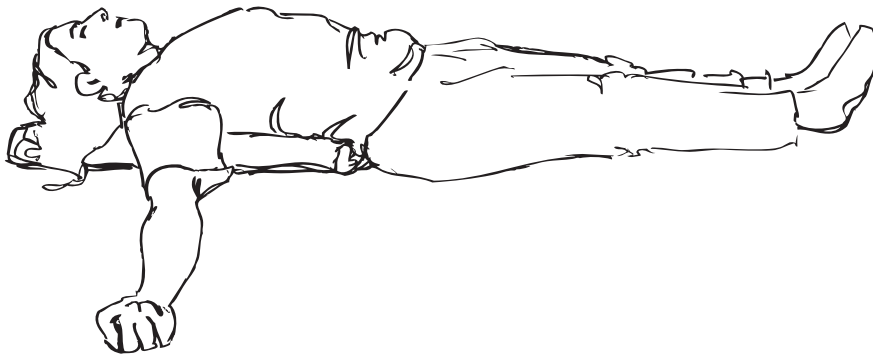


SUPPORTED BACKBEND HOME EXERCISE

Choose the one option that is most appropriate for you at this time. Do the Exercise once a day for a minimum of 3 to 5 minutes. Ensure all muscles are relaxed and the neck / head is supported.



OPTION 1 (Easiest): Lay on a firm surface with a rolled yoga mat or folded blanket along the length of the spine. Rest arms out in a "T" position. It is recommended that you place a pillow or bolster under the knees.

OPTION 2 (Moderate): Lay on a firm surface with a rolled yoga mat or folded blanket horizontally BELOW the shoulder blades but ABOVE the hip bones. Rest arms in a "T" position. It is recommended that you place a pillow or bolster under the knees and under the head.



OPTION 3 (Difficult): Squat in front of exercise ball. Place yoga block or thick blanket (4"+) under back of head. Roll back and extend arms in a "T" position. If hands feel numb or tingly, place them on the stomach until normal sensation returns. It is recommended that you start next to a wall for support / balance.