



BACKSTRONG SPINE & REHAB

GET STRONG • BE STRONG • STAY STRONG
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Patient name:

BEGINNER YOGA FOR THE LOWER BACK (SUN SALUTATION)

Sun Salutation (Surya Namaskara) is a sequence of held postures (asanas) traditionally performed to honour the sun. This exercise sheet contains positions that have been modified for beginners with lower back pain.

Instructions for transitions between held postures have been included. After you have performed the sun salutation on one side you should repeat it using the opposite leg during the lunge posture.

MOUNTAIN POSTURE (TADASANA)

Step 1

Stand with your feet together, toes touching. If you find this uncomfortable you can stand with your feet hip width apart.

Stretch your arms downwards with your fingers pointing towards the floor. Your arms should be about 45 degrees away from the sides of your body.

Step 2

Inhale, raise your arms slowly, until your palms face each other. Lengthen your spine, draw your shoulders away from your ears and look up.



FORWARD STRETCH POSTURE (UTTANASANA)

Step 3

Exhale and fold your body forward, relaxing your head downwards. Keep your knees bent.



If you experience discomfort in your lower back place your hands on your shins or on a block on the floor.

Did you know that yoga may increase circulating endorphins and serotonin?



FORWARD BEND POSTURE (UTTANASANA)

Step 4

Inhale, look forward with your fingertips in line with your toes and your knees bent.



Step 5

Exhale, fold your body slightly in preparation to lunge.

Endorphins and serotonin can have an effect on your perception of pain.



LUNGE POSTURE (ASHVA SANCHALANASANA)

Step 6

Continuing to exhale lunge your right foot behind you resting your chest on your left knee.

Your hands should be on the mat shoulder width apart. The knee should be directly over the line of the ankle.



Step 7

Inhale and look forward, lifting your chest and dropping your shoulders away from your ears.

Step 8

Exhale and step the left foot back and bend the knees to touch the floor.

When you repeat the sun salutation lunge your left foot behind for lunge posture.



Those who regularly practise yoga have a greater capacity to tolerate pain.

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CHILD'S POSTURE (BALASANA)

Step 9

Continue to exhale and bring the buttocks to the heels. Keep the arms extended.



Step 10

Inhale and move your chest close to the floor.



COBRA POSTURE (BHUJANAGASANA)

Step 11

Continue to inhale until your stomach is resting on the floor and your chest is lifted. Keep your elbows bent, draw your shoulders down away from your ears, keeping the back of your neck elongated. Keep your elbows squeezing in toward one another.



Step 12

Exhale and press down on your hands and lift your hips to move into an all-fours position.



DOWNWARD-FACING DOG STRETCH (ADHOMUKHA SVANASANA)

Step 13

Continue to exhale and lift your hips up to the ceiling, keeping your knees slightly bent.



Those who regularly practise yoga have more white matter in areas of the brain related to the regulation of pain.

Step 14

Inhale to step the right foot and then the left foot forwards. Maintain contact with the floor with your hands.



Step 15

Once your feet are parallel place your fingertips on the floor and lift your head slightly to look forward, keeping your knees bent.



FORWARD BEND POSTURE (MUKHA UTTANASANA)

Step 16

Exhale and fold your body forward until your nose touches your knees. Keep your knees bent.

When you practise yoga
you're not just changing
your body – you're also
changing your brain!



MOUNTAIN POSTURE (TADASANA)

Step 17

Inhale and lift your chest and body while raising your arms.



Step 18

Continuing to inhale, raise your arms slowly until your palms face each other. Lengthen your spine, draw your shoulders away from your ears and look up.

Repeat the sun salutation using your left leg in the lunge posture.

