

## Rolling the Spine

**Purpose:** This homework is a repatterning for the spine. It will help restack and reposition the vertebrae in their correct positions and alignment. This is a great one to do in the shower. The hot water will help warm the tissue surrounding the spine and may make this easier. It is also good to do when you are having any kind of spinal aches and pains.

**How Often:** This exercise should be done at least 3 times per week, 5 times or more a session.

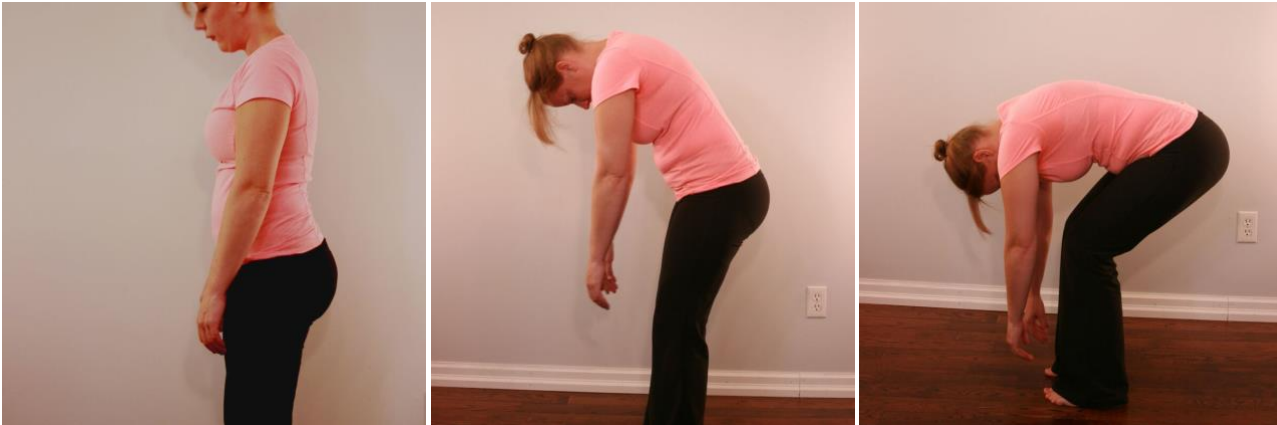
**Directions:** (A) Stand in your line and then start with your neck and roll your spine down uncurling one vertebrae at a time. (Another option is to sit on the edge of chair and do this homework.)

(B) Uncurl your spine unstacking each vertebrae one at a time off of themselves. Make sure your head and arms are hanging perfectly relaxed.

(C) Once you feel you have reached the last vertebrae (at the dimples of your low back), you are finished rolling down.

(D) Reverse the process by restacking the vertebrae as slowly as you went down until you are all the way back up standing in your line with head at level.

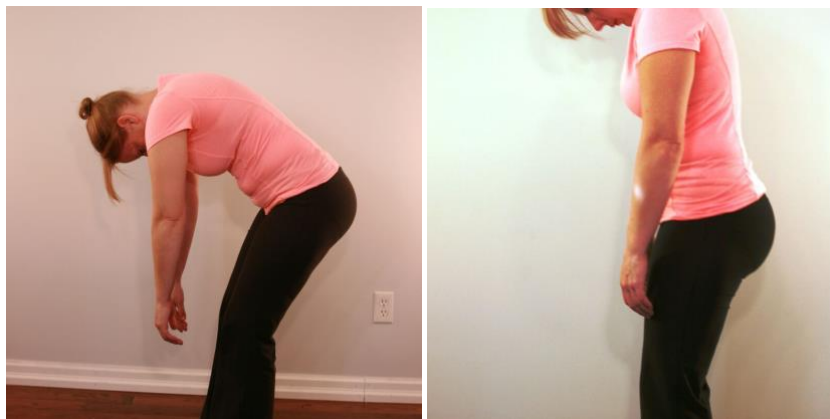
(E) Reset and start again. Do this at least 5 times, or more if you are feeling up to it.



(A)

(B)

(C)



(D)

(D)