

Wall Yoga Workout

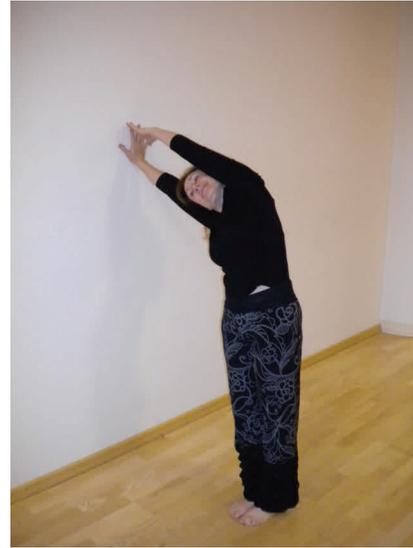
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The American College of Sports Medicine (ACSM), recommends flexibility training a minimum of 2 to 3 days per week, holding each stretch for 10 to 30 seconds. Perform each stretch to a position of mild discomfort. Below is a Yoga workout that you can use at the office or at home. These exercises will improve your flexibility and prevent or reduce back pain. Perform each pose for 10-30 seconds. Repeat 3 to 4 repetitions for each pose.



Upward dog at wall.

Begin by facing the wall with feet shoulder width apart. Place hands against the wall, in line with shoulders. Walk your feet back so that they are a little farther from the wall than your hips. Lengthen your spine as you bring your chest up and look up. Hold this stretch for 10-30 seconds.



Side stretch at wall.

Begin by breathing deeply to stretch ribs and upper spine. Stand parallel to the wall with both feet together and arms up above your head. Slowly move both arms towards the wall, while keeping them straight. Place hands on the wall and hold 10-30 seconds. End by returning to your starting position.



Forward fold at wall.

Standing up straight against the wall with feet shoulder width apart and about 2 feet from the wall; slowly bend forward (as if to touch your toes). Hold 10-30 seconds and slowly come back up. This exercise stretches the spine and the back of the legs (hamstrings).



Downward dog on wall.

Begin facing the wall with your palms on the wall at waist height. Walk back until your back is flat, your legs are straight, and your hands are over your hips. This exercise will stretch the back and hamstrings. Hold for 10-30 seconds.



Chair on wall.

Begin standing with back against the wall with feet shoulder width apart. Squat down like you are sitting in a chair and walk your feet to where your heels are in line with your knees. Raise both arms above the head with palms facing each other. This exercise helps strengthen the core and quadriceps. Hold for 10-30 seconds.



Doorway stretch.

Begin by standing in a doorway with feet together. Place hands on either side of the door frame. Pull chest forward through the arms. Hold stretch for 10-30 seconds.



Leg up the wall.

Begin by laying next to a corner of a wall (as close as possible). Lift the leg closest to the wall up onto the wall and hold. Keep pelvis on the floor. This stretches the back of the leg (hamstring). Hold for 30 seconds and repeat on opposite leg.



Cross leg at the wall.

Begin by laying parallel to the corner of the wall (as close as possible), laying with both arms above the head. Lift the leg (the one farthest from the wall) up and across the body. For balance, bring the arm opposite that leg out to the side. This stretches the outer thigh. Hold stretch for 30 seconds.