

Anatomy Asana

Lumbar

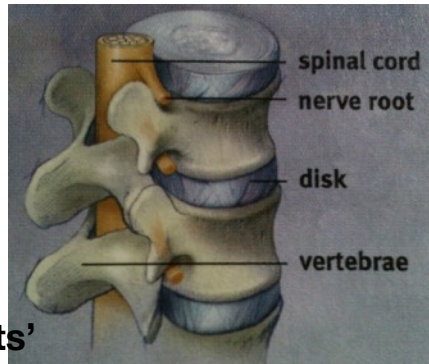
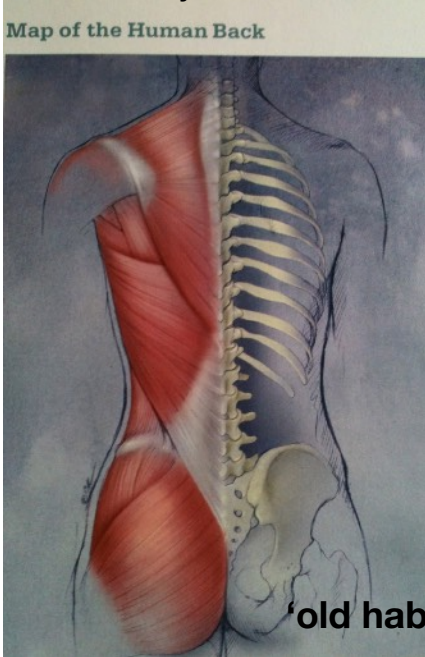
Mary Geibel

alignment + activity = key to happy back

33 stacked vertebrae enclosing sheath of nerves, cushioned with 'coaster-like' disks, wrapped in overlapping sheets of muscles, tendons, & ligaments

requires strength, stability, flexibility

strength of core muscles support spine, and core= 360 degrees



'old habits'

'new habits/awareness'

sedentary life style

daily activity (walk, yoga, hike....something!)

'chair sitting disease'

sit on floor, elevate pelvis for tight hips

sleep on belly

sleep on side, pillow between legs, or savasana

sit/stand for extended periods

mix it up!...activity....stillness

slouch (even standing)

'if in doubt, stick it out, then stand tall'

forward bend, forward bend, forward bend

back bend, twist, lateral movement

bend over with sacrum tucked

bend knees, stick sit bones to sky

bend over, twist and maybe pick up something heavy

dolly, neighbors 17 year old son, bend knees core in, NO TWISTING WHILE LIFTING!

try to stretch away an injury

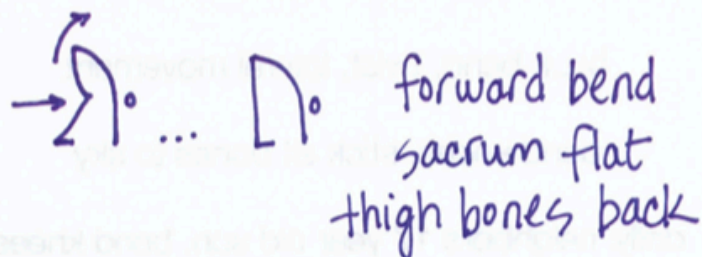
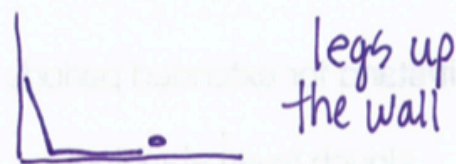
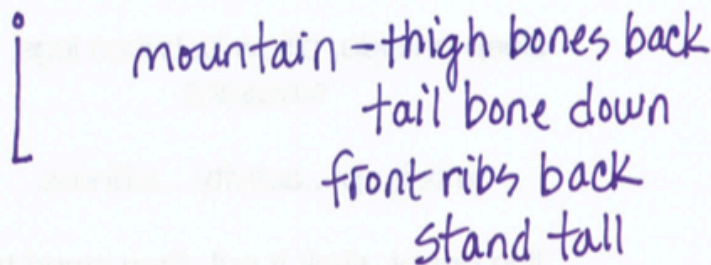
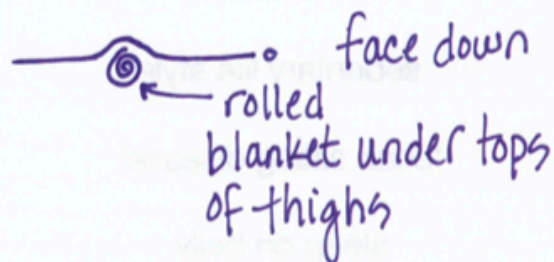
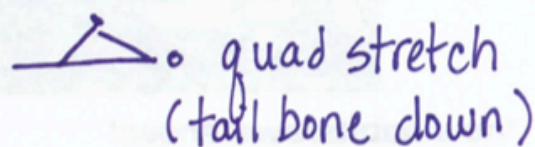
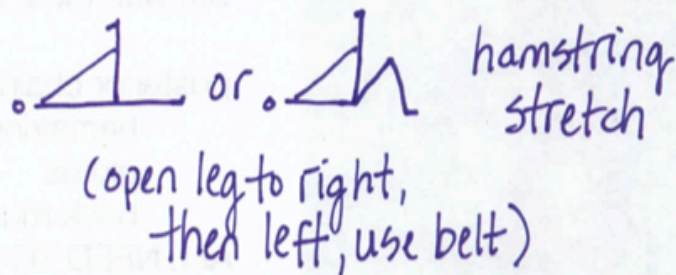
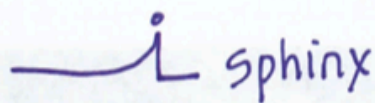
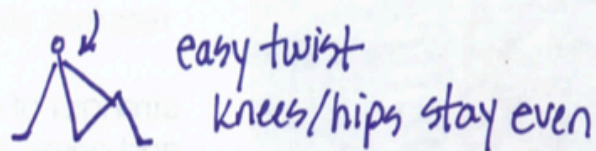
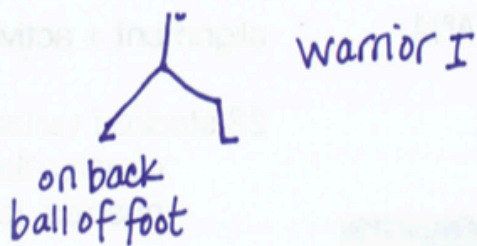
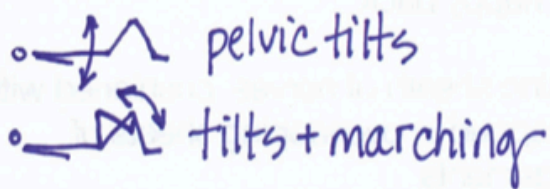
RICES
(rest, ICE, compression, elevate, stabilize)

exercise, then head home

stretch 5-10 minutes AFTER exercise

use this handout as scratch paper

yoga/stretch 3-5 days /week!



AVOID:

- deep twists
- deep forward bends
- asymmetry - lunges



(modify with knees on floor, and/or down on forearms)

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