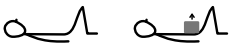










Client A - Back Pain / Spondylolisthesis

| | |
|---|--|
| 1  | Constructive Rest with Breathing and Pelvic Tilts (1) Breath observation (2) Pelvic tilts, 5-10x (3) Belly/block breathing, 10 breaths |
| 2  | Butterfly IN: Open, slowly. EX: Slowly bring knees together. Repeat 3x. Option to add 2-part EX, repeat 3x. Option to add 3-part EX, repeat 3x. |
| 3  | Shoulders undulate! Slow Wiggle. Non-linear... squiggly. Change it up. Focus on one shoulder blade at a time, then both. |
| 4  | Supine Extended Leg - Exploration From Constructive Rest: Gliding Right heel along floor, gradually extend right leg. (Maintain core engagement and settled pelvis. Left foot stays on floor.) Gliding Right heel along floor, gradually bend right leg. Repeat 3x on Right side, then change sides. |
| 5  | Extended Leg Pose, with strap. From Constructive Rest, left foot stays on floor and right knee into chest. yoga strap around right foot. IN: Slowly extend right leg. (Not pushing, allowing repetitions to gradually extend.) EX: Slowly bend right leg. Repeat 3-5 x. Return to starting pose, pause for a few breaths. Repeat on left side. Option: Point toes and flex ankles in the extended position. |
| 6  | Optional: Prone Position, variation of "Superman." Add a small folded blanket under your belly to encourage a neutral or flexed lumbar. Practice: Lift ONLY head and small lift in chest, focus on neck-core position and lengthening rather than height. Repeat 1-2x. |
| 7  | Knees to Chest. EX: Bring knees to chest. Add gentle engagement of low belly (below navel) with exhale. IN: Move knees away. Repeat 3x. Option to add 2-part EX, repeat 3x. Option to add 3-part EX, repeat 3x. |

Client A - Back Pain / Spondylolisthesis

8



Physioball

Hug ball firmly between thighs.
Use belly engagement to bring knees to chest, then move them away. Repeat 5x.

9



Table Top - Neutral Curl

Find axial extension and keep belly lightly engaged for 3 breaths before moving.

EX: Curl inward, rounding back.

IN: Return to neutral starting position; keep belly lightly engaged to support back.

Stay for 1-3 breaths and retract (bring together) shoulder blades. Keep low back neutral, supported by engaged belly. Repeat 3-5x

10



Kneeling Low Lunge

From kneeling: Bring Right foot forward, hands on blocks (if available). Back knee on the floor, lift chest and soften shoulders. Lengthen into axial extension from tail to crown of head. Stay 2-3 core breaths. Return to kneeling position. Repeat second side.

11



Option: Repeat Physioball

Hug ball firmly between thighs.
Use belly engagement to bring knees to chest, then move them away. Repeat 5x.

12



Restorative Pose, Legs on a Chair

Goal: find a comfortable, pain-free resting position for the body to recharge and heal.

Okay to add Chiropractic Neck Extension/Support here and support under head.

Cover Eyes, Cover Up with Blanket, Set a timer to stay, 5-20 minutes.

13



Additional Note: Mindful Standing / Bending

During daily activities, work with transitioning from Standing Mountain to Chair Pose. Lengthen from tail to crown with a long spine ("axial extension").

Engage belly support.

Bend knees before you reach or pick up.