

Back Care Breath & Stretch

Type: Movement • Intention: Relief, Calm • Duration: 9 minutes • Level: Gentle / Chair-friendly

Overview

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Setup

- Use a sturdy chair; keep feet flat on the floor; avoid any pain ranges.

Step-by-Step

1. 1 min: 4-6 breathing (4 in, 6 out).
2. 2 min: seated cat-cow—inhale lift chest, exhale round (8–10 cycles).
3. 2 min: side reach—right arm up/over for 3 breaths; switch sides.
4. 2 min: figure-4 stretch—ankle on opposite knee; long exhale; switch sides.
5. 2 min: seated forward fold to comfort; slow rise; finish with 3 long exhales.

Guided Script (for audio or read-aloud)

Stay inside the pain-free range. Breath leads, body follows.

On each exhale, imagine warm space in the low back.

If anything pinches, back out and return to breathing.

Variations

- Standing wall version: hands on wall; gentle hip hinge.
- Desk day: do steps 1–3 every 90 minutes.

Printable One-Pager (Summary Card)

- Breath 4-6 • Cat-cow • Side reach • Figure-4 • Fold • No Pain Zone

♦ Image Placeholder

[Place art/diagram here: Gentle arc lines over a supportive chair silhouette (back-care.jpg)]

Gentle Safety Note

These practices are designed to be gentle. Skip or modify any step that causes pain or distress. For acute or chronic conditions, consult a clinician.

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