



@UNCSportsMed

THREE-STEP

Spine

MOBILITY ROUTINE

Upper and lower back pain sometimes occur with long periods of sitting, being generally less active, and stressful life events.

Add these three mobility exercises to your daily routine during self-isolation and reduce back pain!



Cat/Camel
Perform 2x20 reps



Thread-the-needle
Perform 2x10 reps/side



Elevated child's pose
Hold for 3 sets of 20s

Try taking mobility breaks after each class, before meals, or set alarms on your phone to move every hour.