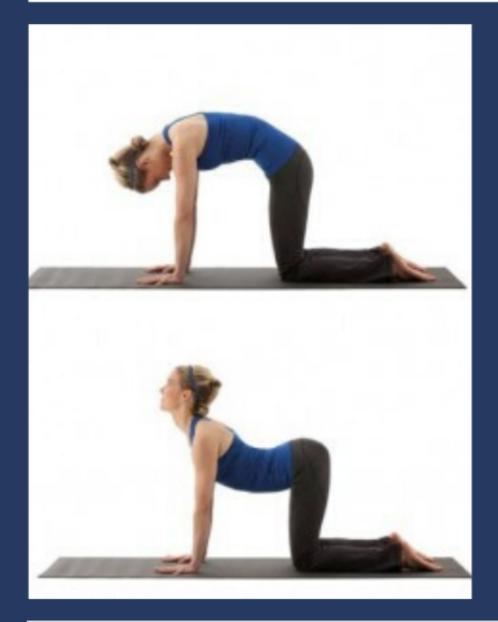
@UNCSportsMed

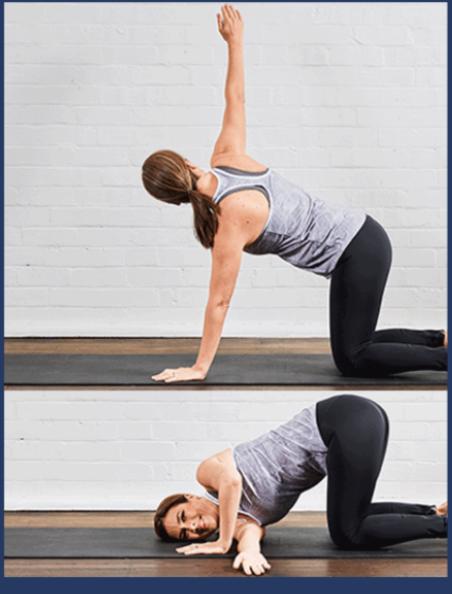
THREE-STEP



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.