

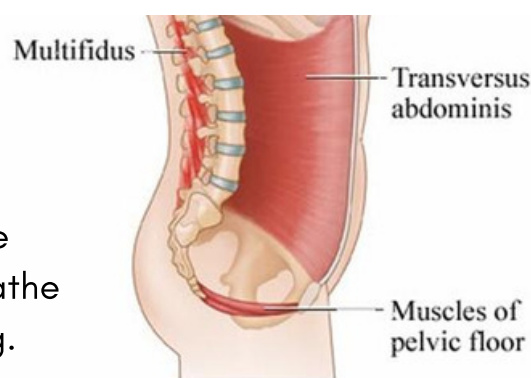
# Spinal Health & Posture Improvement

## THE BASICS OF BENDING, LIFTING & SITTING

Joanne Pineau, HBSC., C-IAYT Certified Yoga Therapist  
InnerJourney.ca | 705-888-9686

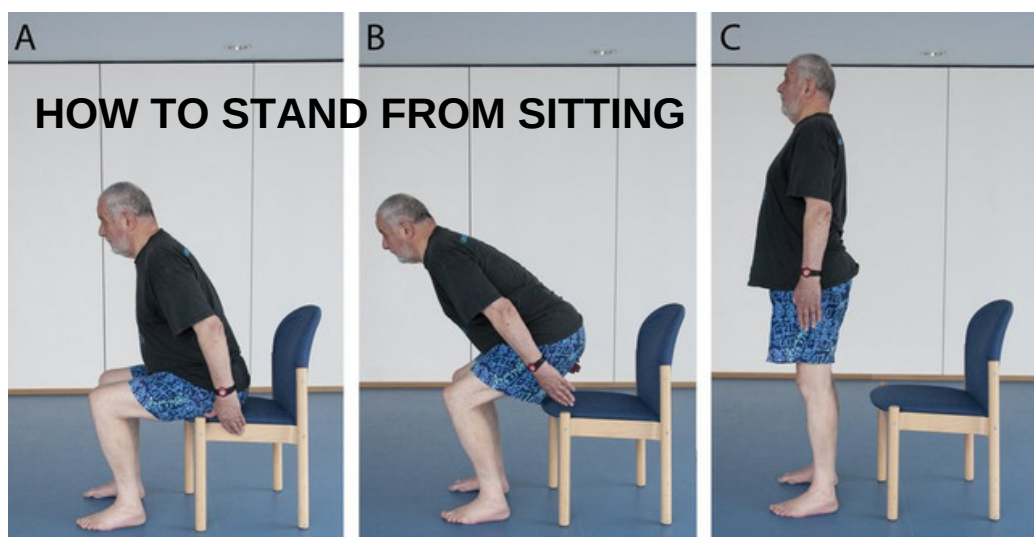
### 1.) USE YOUR INNER CORSET MUSCLES

Say SSSHHHHH as you exhale to engage the inner core muscles; maintain about 20% engagement as you breathe when lifting, standing up from sitting, bending, twisting.



### 2.) BENDING

Pull-in abdomen (engage), bend/hinge from the hips, bend the knees, take legs wider if necessary (squat), pull shoulders away from ears and keep back "neutral" or straight (stiff). Do not round your back. Come up to standing again with straight back, leading with chest.



- Lean forward hinging at the hips. Keep back straight. Pull abdomen in.
- Lift the chest as you lift the buttock off the chair.
- Keep lifting the chest as you unfold at the hips. **Use the buttock muscles.** Use the same instructions to stand from a bent forward position with no chair. Reverse for sitting from standing.

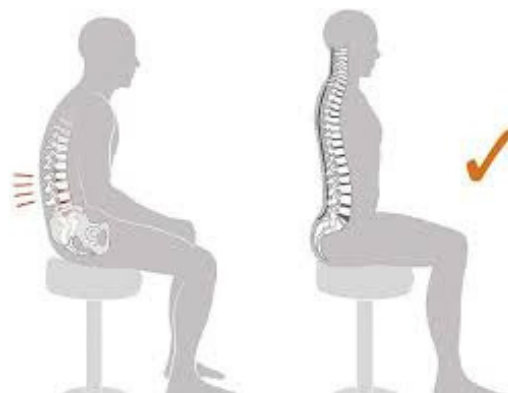
### 3.) LIFTING

Lead with the chest, engage inner core and back muscles (ie. stiffen your back) bend in the knees, take legs wider, use your buttock muscles (gluteal muscles) not your legs.



### 4.) SITTING

- Sit with a small Lumbo-sacral curve.  
Do not tuck pelvis under.  
Place arm bones back:
- shoulder forward, up, straight back & down.
  - repeat with other shoulder
  - relax in the position for as long as you like



**Benefits:** Stretches pectoral muscles, strengthens postural muscles. Provides gentle traction for the spine. Relieves pain. May improve breathing & digestion.

#### Resources:

- 8 Steps to a Pain-Free Back by Esther Gokhale
- The Back Mechanic by Dr. Stuart McGill
- The Essential Low Back Program by Robin Rothenberg
- Rost Moves Mamas App - free download on itunes or google play
- [www.InnerJourney.ca](http://www.InnerJourney.ca)