

**Exercises and Stretches to cure chronic back pain! Do these everyday!**

Lower Lumbar Stretch/Supine Twist: Only twist as far as you can without letting your shoulder lift off the ground. Exhale while you twist.



Plank Pose: Hold for 10 secs 3x and build up to holding for 1 minute.

Pay attention and make sure your hips and upper back don't sag. Make sure you aren't holding your breath.



Egg: Rock side to side to get a massage on your lower back. Make sure your head is relaxed and laying on the mat. With every exhale, pull your knees in closer.



Figure four stretch: You can leave your foot on the ground if pulling on your leg isn't possible. Repeat on both sides.

