

UNDULATION EXERCISES

For the Neck and Upper Back

Doing these exercises is like giving yourself a massage.

They may feel good or perhaps stiff and awkward. *They should not hurt.* If a movement causes you pain, **STOP!** Back up and do the movement up to, but stop short of any pain. Try some variations. Move less, smaller or slower. Stay in a pain-free range.

As you practice, you will nourish the discs between your vertebrae. The movements will become easier as your spine becomes stronger and more flexible.

Snap, crackle and *pop* sounds that don't hurt indicate short ligaments or calcium deposits and the need for frequent, gentle movement.

Be mindful of your breath and keep it steady throughout the exercises.

Feel Your Spine

_____ times per week



1. Place your fingers at the back of your skull. Wiggle your head so it makes small side-to-side, forward-and-back, and circular motions under your fingers.
2. Feel down your neck about a half an inch to feel for a bony bump. Recreate the movements as above to get this bump to move.
3. Continue down your neck and upper back to find and move each vertebra.
4. If a vertebra is stuck, don't force anything. Work patiently with the intention of making small changes.



Compliments of:

Consult with your physician or physical therapist before attempting these exercises if you have any back problems.

Over for more exercises

Easy Sway

_____ times per week, _____ minutes each time



1. Sit in a chair with sit bones even on the seat. Sway your upper body the left and right.
2. As you lean to each side notice which parts of your spine flow easily and which are stiff.
3. Stop, breathe, and start again. Initiate a new movement from one of the inflexible places, perhaps from your neck, hips, or between your shoulder blades.
4. As you continue, cast your attention inward to the many different places in your spine. Keep your movements soft and easy.
5. Stop after a bit and begin again from a new place. The quality and quantity of movement will vary depending on what part of your body leads. Over time, you will notice more ease.

Shoulder Wave

_____ times per week, _____ minutes each time



1. Lift your shoulders up toward your ears and hold for a couple of seconds. Then let them drop completely. Repeat a few times.
2. Next lift your shoulders slightly, release and pull them down toward your hips and hold a couple of seconds. Repeat.
3. Circle your shoulders forward, up, over, back, and down—together and then alternate.
4. Notice if your back is moving with your shoulders. Move your shoulders as independently as possible.
5. Next, sway your torso forward-and-back and side-to-side without lifting your shoulders or drawing them forward.
6. Initiate movement from your spine and let the wave flow out through your arms, elbows, wrists, and fingers.
7. After several minutes, reverse and let your arms lead your body into new undulations. Add movement where ever it feels appropriate.



If you like these exercises, you can find more in the book
Relieve Stiffness and Feel Young Again with Undulation by Anita Boser
available at www.undulationexercise.com.