

Modified Downward Dog Decompress Your Own Lumbar Spine

Stand with the hands shoulder width apart. Pull your elbows isometrically in toward your head. Drop your shoulder blades and chest toward the floor. Keeps your knees bent enough to allow you to stay in lumbar neutral. The head stays neutral, not looking up or hanging down. Pull in with your lower belly. The goal is to feel a lengthening in your lower spine. To get this, actively push your bottom away from the wall. Another way to feel length is to try to tuck your tailbone under, while keeping the curve in your lower back. Bend the knees further as you begin to come up, for safety.

Hold the position for 20-60 seconds, while breathing, and repeat two or three times. You can use this exercise once or twice a day, or more often if you are in pain.



starting position

final position

This is basically the same exercise. You can use a counter top to rest your hands on. Another option is to use a railing, or the back of a counter top, and then you pull with your hands to get further traction.

