

Lying on the rubber strip

1. Use the rubber strip for this exercise. It is around 3 cm thick, 7 cm wide and one meter long. You fold it in half and lie down on it. The loop part of the strip is under your head and the rest fills the space between your shoulder blades. Check that the strip sticks out above your head, but only a few centimetres.
2. When you lie down you can bend your legs and put your feet on the floor. Then you lift your pelvis up, arching your back. If you push from your feet the upper part of your chest moves toward your chin and the back of your head should move away from you, creating a long neck that lies almost flat on the strip. Put your hands against your forehead and press softly.
3. Move down again with your pelvis, slowly. You keep the neck long by continuously pushing from your feet and by softening the back wherever it touches the strip. Keep your lower back arched, in the end your pelvis touches the floor and you can fully relax.
4. Take your hands from your head and put them on your lowest ribs.
5. Try to relax your spine towards the strip. It will give pressure on the muscles alongside your spine. Just like a massage might do. Every exhale you make yourself as heavy as possible towards the strip. When the muscles are releasing their tension the spine will become more straight. This may feel uncomfortable or even painful after a while. Take that as a good sign! It means sensitivity is coming back into those muscles and that the spine is getting straighter.
6. On your inhalations you can breath into your sternum, creating space on the front and upper side of your chest.
7. You can lie on the strip for as long as you want, but give it enough time. At least 10 minutes I would say. To come out of the exercise you roll to your side before getting up.