

Exercises 11 – 14

Spinal Twist

Sit on a bench or on the floor with your spine as straight as possible. Put arms out to the side with elbows bent, hands in toward chin. Twist the spine and turn the entire upper body to the right as far as possible and then back to the left as well. Begin slowly and increase the twisting motion. Most spinal injuries result from twisting. So begin very slowly. This exercise is excellent to warm up the spinal muscles. The discs – the little pads in between each vertebra – are very soft and pliable. These discs lose their blood supply at about the age of 25. So, the only way they can get proper nourishment is from the external tissues surrounding the vertebrae. This twisting motion creates a lot of fluid movement, thus giving the discs what they need. This exercise serves a twofold purpose and is extremely important in proper spinal maintenance. The Spinal Twist is excellent too if you've been sitting for a long period of time such as driving in a car or sitting at a desk. This twisting movement causes cerebrospinal fluid, (the nourishing fluid in the spinal cord and brain) to be pumped around more rapidly causing a more vibrant feeling. This can be done 4 or 5 times per day for 15 seconds at a time.