

The “Slouch And Arch” Exercise To Recondition And Re-align The Spine:



Figure 1. Begin by sitting on a chair or firm surface, with your feet flat on the floor. If you are in a chair, slide forward slightly so that there are a few inches between your back and the back of the chair. Allow yourself to slouch down, rounding your lower back as shown. Slowly sit up very straight and hold this position for 10 seconds. Then slowly allow yourself to slouch again and when you reach the slouched position, start to sit up straight again, in a slow, controlled movement. Note that the movement is up and down, not leaning forward and backward.