PAIN PREVENTION
REHABILITATION CENTER

# 5 BEDTIME JAPANESE SPINE EXERCISES

Every night before bedtime

## I. SEATED FORWARD FOLD (3 MINUTES)

a. Sit on the floor and flex forward reaching for the toes/feet/calf.
b. Sit with pillow on bottom for comfort.
c. 3 minutes while take deep belly breaths (100 breaths).
d. Myofascial release with gentle stretch.
e. Increase reach by 4.2 inches, 52% reduction in back pain.

## II. NEJIRI POSE: LYING SPINAL TWIST (3 MINUTES)

a. Lay on your back, shoulders on the ground and with arms forming letter "T".
b. Twist legs with pelvis rotation to one side
c. May keep pillow between the knees or floor.
d. 90 seconds minimum both sides.
e. Breathe into the stretched side of the ribs (top side).
f. Disc decompression creates space and fluid in the disc.
g. 71% feeling taller/upright and improved movement quality.

## III. NEKO USHI FLOW: THE CAT-COW UNDULATION (2 MINUTES)

a. Get on the hands and knees. Towels for the wrists if needed.
b. During inhalation, let belly drop toward the floor and lift your chest and tailbone. (cow position).
c. During exhale, round spine toward the ceiling (angry cat).
d. Back and forward for 2 full minutes.
e. Helps segmental spinal movement.
f. Increase CSF fluid, Reduced morning stiffness 67%, 44% improved sleep.

## IV. KAITEN MOVEMENT: ANKLE AND HIP CIRCLES (2 MINUTES)

a. Lying in bed or floor on your back.
b. 10 ankle circles clockwise and 10 counterclockwise (or spell alphabet).
c. Hip circles with knee flexed: 5 circles clockwise and counterclockwise.
d. 73% fewer falls, reduced knee pain 41%.
e. 45% more hip rotation, more flexibility.

## V. KABE ASHI AGE: WALL LEGS ELEVATION (5 MINUTES)

**a.** Legs up against a wall and hold for 3-5 minutes. Deep breathing.
**b.** Buttocks should be about 6 inches from the wall, knees not perfectly straight.
**c.** Folded blanket under hips/spine increases drainage effect.
**d.** 95% lymphatic drainage. Decompression spinal discs and traction.
**e.** 43% more synovial fluids in joints, 64% less morning stiffness, improved sleep quality 52%.

*Stop any movement that is painful. Don't push through pain.*
*Very important to use proper breathing with each movement/exercise.*
*Do for at least 3 months and don't expect instant results.*