

Tennessee Back Pain Center

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Child's Pose – Exercise Instructions

- Begin by getting on your hands and knees.
 - Knees should be under hips
 - Hands should be under shoulders
- Rock your butt back onto your heels, while keeping your hands where they are.
- From here, focus on breathing.
 - Breathe deep into the belly, feeling your belly press outwards on your thighs as you breathe in.
 - Don't give it 100%, try to make your breathing more natural.
- Breathe for 3-5 breaths, then return to neutral position.
 - Repeat this for approximately 3 minutes.
 - Perform exercises 3 times a day
 - Perform 3 sets 3 times a day or as prescribed by your doctor.
- Notes:
 - This is more of a stretch than a strengthening exercise. Therefore, you shouldn't feel any discomfort while performing it. Stiffness or minor tightness is okay to push through.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

