

EXERCISE 1



On the floor, place your hands under the forehead, a pillow goes under your tummy at the height where you feel pain, Start breathing deeply and slowly. Remain in this position for 15 minutes, repeat a few times a day

EXERCISE 2



Now place your hands next to your head, breath in, slowly start breathing out and extending your elbows, your head and back move backwards, breath in again on going back to the starting position, make sure your hips stay on the floor. Repeat 8-10 times, 3 series, try to do this exercise a few times a day

EXERCISE 3



On all fours, breath out and let your lumbar back to drop, breath in on bringing your back up, do not reach the end position for the movement, try to keep your upper back still, repeat 6-8 times a few times a day