



# Back to basics

Working long days, lifting heavy loads and standing for many hours puts lots of strain on your upper and lower back muscles. If you have recurring bouts of back pain, the following exercises from Roel van Kuijck will help



### YOGA CAT/COW

Kneel down and place your hands in front of you. Exhale and gently arch your spine. Then inhale and round your back, like a cat. Move slowly and hold in each position for 5-10 seconds. Repeat 10 times.



### RESTFUL POSE

Kneel on the floor and sit on your feet. Extend your arms forward fully and allow your head to fall forward. Hold for 20 seconds and slowly return to starting position. Repeat three times.



### LYING KNEE TWIST

Lie on your back. Bend the right knee up and cross it over the left side of your body. Hold in a position that allows you to feel a gentle stretch for 20 seconds. Rotate back to centre. Repeat three times on each side.



**WARM UP**  
Before starting your day take 10 minutes to warm up and prepare your back muscles. It's an excellent way to prevent back pain

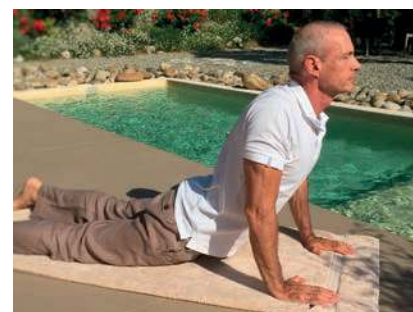
### KNEE TO CHEST

Lay flat on your back. Slowly bend your right knee and pull your leg up to your chest. Wrap your arms around your knee and gently pull the knee towards your chest. Hold for 20 seconds and slowly extend the leg. Repeat three times each leg.



### SEATED STRETCH

Sit with a straight back, cross your left leg over your right leg placing your foot next to your thigh. Place your right arm on your leg and slowly stretch. Hold for 20 seconds and alternate sides, three times.



### COBRA STRETCH

Lie on your stomach with your legs extended. Slowly, push upwards, so your weight is resting on your forearms and hips are on the ground. Hold for 10 seconds. Return to starting position and repeat 5 times.

## TAKE CARE

*Keep the next important tips in mind*

**Standing** Stand upright and your back straight. Balance weight evenly on both feet and keep your legs straight.

**Lifting** Keep your back straight, no twisting, and bend only at the knees. Hold the load close to your body.

**Sitting** Use a seat with good back support. Place a pillow in the curve of your back. Keep your knees and hips level.

**Massage** Regular massage treatments decreases muscle back injury and can relieve pain instantly.

Blue Tree offer bespoke massages using traditional techniques and are available in your home or on your yacht throughout the Cote d'Azur. For more details Tel: +33 (0)6 51 36 93 65 or visit [www.bluetree-massage.com](http://www.bluetree-massage.com)