



B O D Y A W A R E N E S S

DOWN DOG PHYSIO

When the head is down, a traction force is applied. This opens up the joints of the spine and prevents neck pain.

Stretches low back which can be tight with low back pain.

Stretches hamstrings. Tight hamstrings are often responsible for low back pain.

Weight bearing through the arms stretches and strengthens them and prevents osteoporosis.

Stretches calf muscles and bottom of feet helping plantar fasciitis, achilles tendonitis and other foot and ankle problems.

Stretching the palm and finger muscles, prevents hand and wrist problems seen from computer use.

*Listen to your body when doing yoga. Mild stretching is okay, stop at the first sign of pain. **DON'T GET HURT!** Get a physiotherapy evaluation to see where you need to stretch your body, where you need strengthening and which yoga poses are best for you.*



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