

Yoga for back & neck pain

What it is

Yoga combines gentle poses, slow breathing and focus. Gentle or chair yoga may help some people with back or neck pain. Move slowly and skip any pose that hurts.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.

Gentle poses, slow breathing



It may help with

- Low Back Pain
- Neck Pain
- Back Pain
- Fibromyalgia

Self-care tips

- Choose gentle, chair or therapeutic yoga, especially at first.
- Tell the instructor about your pain or any spine condition.
- Avoid deep forward bends, deep twists and headstands or shoulder stands if you have a disc problem, osteoporosis or neck pain, unless your clinician says they are safe.
- Mild stretching is fine; sharp, shooting or electric pain is a sign to stop.

How to start

Cat-cow: 5–8 slow rounds

Child's pose: Hold 20–30 seconds, 2–3 times

Knee-to-chest: Hold 15–20 seconds each side

Supported bridge: 8–10 slow lifts

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

Call 911 for chest pain, shortness of breath, fainting, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/yoga/



Scan for the full web page

This handout is general information and is not a substitute for medical advice.