

Finding Neutral Spine

An important aspect of low back, posture, and core training is to find neutral spine position. Neutral spine helps to prevent excessive pressure on the back, engage your abdominals, and reduce risk of pain when exercising and performing functional movements. Finding neutral spine may be a little tricky and awkward at first. Here are three ways to help you find neutral spine.

From the Floor

- Lay on your back with knees bent or straight, whichever is most comfortable.
 - To find neutral spine, place your hands or a small hand towel that should fit snugly between the floor and the low back.
 - If the hand or towel can slide freely then the low back is too arched.
 - If you can't fit the hand or move the towel then the low back is too flat.
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- The distance between the chin and sternum should be about the length of your fist for neutral cervical position.



Finding Neutral Spine

From the Wall

- For the low back, use the same hand towel and palm measurement per the floor description.
- Contact points on the wall are the heel, sacrum, upper back, and back of the head.
- Use the same fist measurement for the cervical spine.
- Watch for rib flare when asked to “stand straight” or imagine a string is pulling you upwards. Ribs and hips should be aligned.



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With a Pole

- Contact points are the sacrum, upper back, and back of the head.
- You can use your hand to both hold the pole and measure the space between the pole and your low back per the Wall/Floor example.
- Chin is slightly tucked using the fist measurement.
- Ribs and hips are aligned.

