



By James Graham

## Pain Busters: Yoga Tips Tailor-made for You



*PAIN BUSTERS: Mother Trucker Yoga Partners Hope Zvara and Phil Knuckey*

Longtime trucking exponent Phil Knuckey thought he was just going along to a casual business 'mixer' with friends in their small hometown in Wisconsin that fateful day.

Little did he know his path was about to cross with yoga expert Hope Zvara.

"All of a sudden she comes over with her drink and food, neither of us knew each other, and says 'you know what would be a great idea, I'd come into your corporate office and do some yoga instruction for all the guys in your office'," Phil told Big Rigs.

"I looked at her and said, 'You know what would be great, if you, or we had a platform for all the drivers; they're the ones who actually need it'."

Fast forward just a few months and the pair's idea, now known as Mother Trucker Yoga, is striking a chord with time-poor American truckies looking for an easy fix to their myriad of driving-specific injuries.

For as little as US\$7.99 a month, Hope shares truckie-friendly yoga poses online that subscribers can log into on any device.

Each one is between 3-5 minutes and are tailor-made to be done in and around a typical cab.

"It's been awesome," said Hope when Big Rigs caught up with the pair at their busy booth at the Great American Trucking Show in Dallas.

"A lot of what we're hearing from drivers is that they're looking for something exactly like this.

"They've been looking for stretches and things to

reduce back pain.

"A lot of them can't run because their knees hurt and we've got a solution for that."

Phil said part of the allure of Mother Trucking Yoga was that it fit so well with the truckies' lifestyle and was so easy to do.

"There's a lot of down time in trucking when you're waiting on jobs, so you can easily pop on a video and do a stretch while you're waiting - what else do you have to do?"

Hope said that was what made their approach unique, and why there had been so much interest in the concept in such a short time.

"We're not saying change your whole lifestyle, what we're saying is that how about you just add something really small in it; 3-5mins each day.

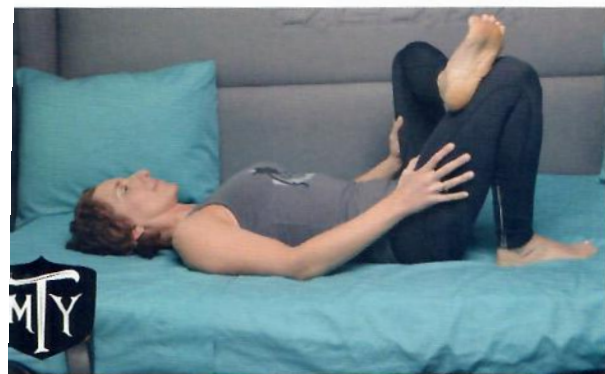
"We're not even saying do it for an hour or five times, a day.

"How about do it once a day because one move can change your back pain; one move can help with neck and carpal tunnel issues and it's a trickle effect.

"So much research shows that if you can create one change in your day and commit to that, you're more likely to other changes for the long haul.

"We're interested in a whole lifestyle change over time, rather than you're going to do this gung-ho for 10 days, maybe 30 days and then drop off the face of the earth and disappear."





**HIP STRETCH:** Gently lengthen.

### LOWER BACK AND HIP HELPER

RELEASE your hip flexors for a happy lower back.

Lying down on the sleeper or at home on the floor, inhale and stretch your body from your fingertips reaching overhead, to your toes pointing.

Exhale and draw your right knee towards the chest as close as your body will allow, if needed use a belt or towel to hold the knee in).

Breathing calmly and deeply, on the inhale think about reaching long through the straight leg's heel all the way up through the crown of the head.

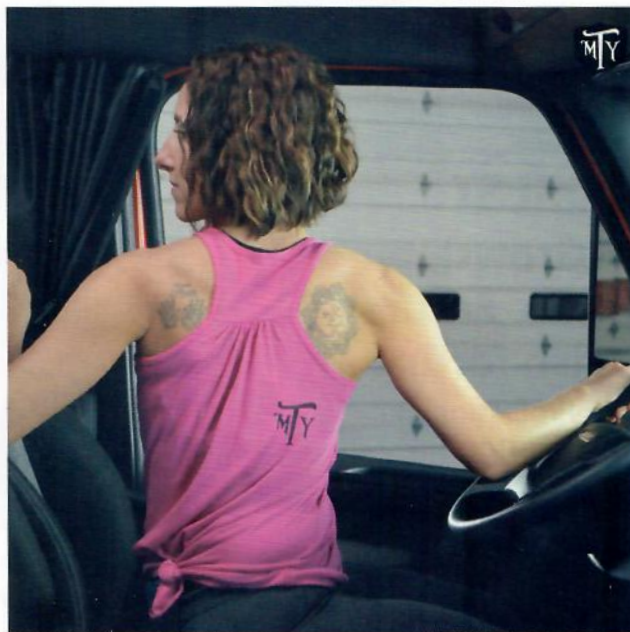
As you exhale, gently draw the bent knee into the body.

The stretch should be in the groin of the straight leg.

Every exhale gently draw the bent knee in a bit closer.

Every inhale, work to lengthen from head to heel without moving the pelvis.

Hold this for 10 breaths or until the stretch softens. Repeat the opposite side.



**EASY RELIEF:** Twist out the stress of the day.

### TWIST IT OUT

TIME to release your stiff back from a long day on

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TRUCKERS' UPDATE Continued from page 29  
the road.

Sitting tall with your back slightly away from the back of the seat take a moment and take a nice deep breath in through your nose and out through your nose.

Inhale and take your right arm and grasp the left side of the seat, arm rest or the inner thigh of your right leg, or outer left leg.

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Exhaling; slowly and mindfully begin to twist to the left.

Take four more additional breaths, at each exhale work to twist a bit more.

Focus on the areas of the spine, back and neck that don't twist very well.

Slowly unwind back to center.

Repeat on the opposite side.

If you notice a side that is tighter, consider holding the twist a few breaths longer.



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Inhale deeply and, as you exhale, begin to sink your head and chest down towards the ground.

Here your spine should be long and your hips hovering over your heels in a way that you can feel your back and hamstrings stretch.

On every inhale feel your body slightly rise up and on every exhale work to relax down through your underarms and chest.

Hold this pose for 30 seconds or as long as it feels good.

On a following inhale slowly rise back up and step carefully back in towards the truck and release your hands. ▲

# *DOWN DOG: Lengthen your spine.* **MOTHER TRUCKER DOWN DOG**

Have happy hamstrings and back.

Place your hands on the side or step of the truck (or anywhere you have free space).

Take a few steps back away from the truck.



Stretch it out! All that sitting can cause a huge amount of hip flexor pain and back tightness. Here's a great move that you can do just before you hop back in your rig!



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