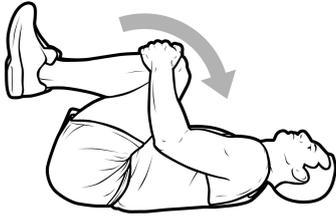


# LOW BACK STIFFNESS



## FLEXION IN LYING

Lying on your back with your knees bent, flex your hips as far as you can. Grasp your knees and pull your legs to your chest. Small pulsing action to mobilise the lower back

SETS & REPS: 1 min

FREQUENCY: 1 x day



## LUMBAR ROTATION STRETCH

Sit on the floor with one leg straight. Bend your other leg over the straight leg. Use your arm against the bent leg to rotate your trunk towards that side as far as you are able. Hold for 30 seconds while breathing deeply. Relax and repeat on the other side

SETS & REPS:

FREQUENCY: 1 x day



## LUMBAR STRETCH: WITH LATERAL FLEXION

Kneeling on the floor, place your hands together out in front of you to one side. Sit backwards onto your heels to curve your spine as far as you can. Inhale and slide your finger tips forward and out to one side until you feel a stretch. Hold for 30 seconds then relax.

SETS & REPS: 1 per side

FREQUENCY: 1 x day



## SEATED THORACIC ROTATION

While sitting in a chair, rotate your trunk to one side as far as you can. Use the chair-back to pull yourself further into rotation. Hold for 30 seconds taking deep breaths. Relax and repeat on the other side

SETS & REPS:

FREQUENCY: 1 x day