

LUMBAR STRETCH

Kneeling on the floor, place your hands out in front of you. Sit backwards onto your heels and walk fingers forward to stretch through shoulders. Hold. Keep checking in and relax the shoulders.



SETS & REPS: 2-5 minutes

FREQUENCY: Twice daily +



THORACIC FLEXION/EXTENSION

Kneel on your hands and knees on the floor. Try to extend your upper back by rotating your sternum upwards and forwards (1). Then try to flex your upper back by rotating your sternum towards your navel (2). Repeat.

SETS & REPS: 3 x 15

FREQUENCY: Daily

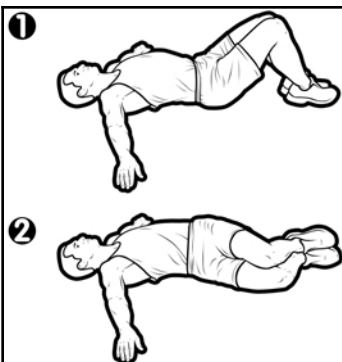


FLEXION IN LYING

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. Lower and repeat.

SETS & REPS: 10 reps

FREQUENCY: Daily



LUMBAR ROTATIONS

Lie on your back with your knees bent, feet on the floor and arms outstretched (1). While keeping your shoulders flat on the floor, slowly roll your knees to one side as far as you can, rotating your lower back (2). Slowly return to the start position (1) and rotate to the opposite side. Repeat.

SETS & REPS: 20 reps

FREQUENCY: Daily

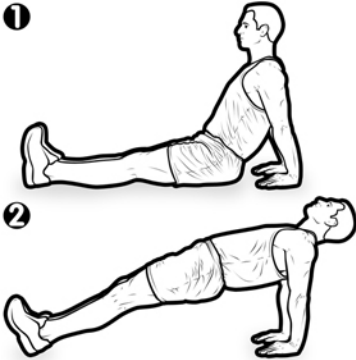


STANDING SIDE-BEND

Standing, slide one hand down the side of your leg as far as you are able. Then, stand up straight again and repeat.

SETS & REPS: 20 reps

FREQUENCY: Daily

	<p>REVERSE PLANK</p> <p>Sit with your legs straight in front of you, arms straight and hands by your sides and pointing forwards (1). Contract your lower abdominals and hold as you raise your hips up high to form a plank position (2). Concentrate on keeping the spine in a neutral position and contracting your lower abdominals and gluteals. Hold.</p> <p>SETS & REPS: 45sec-1min</p> <p>FREQUENCY: 3-4 x week</p>
--	--