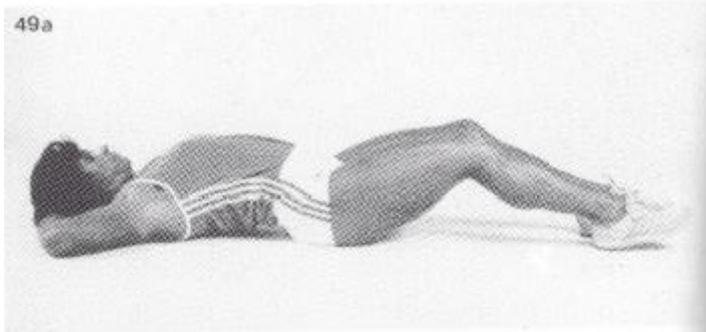




**LOWER BACK STRETCHING PROGRAMME MONDAY – WEDNESDAY - FRIDAY**

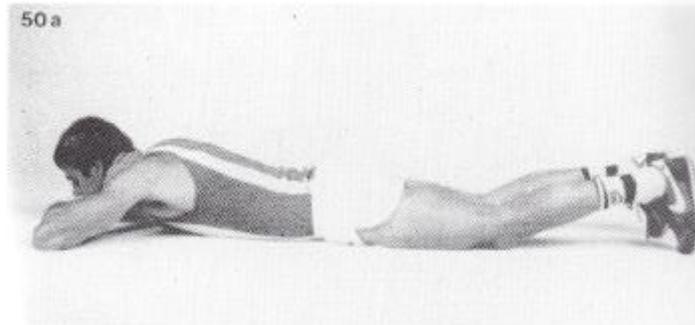
**Abdominal Press**



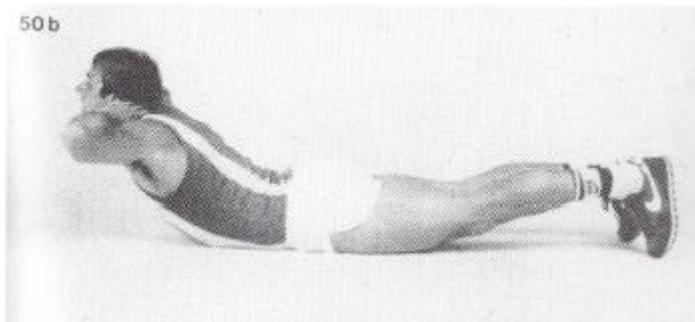
Lie on your back with your knees bent and your feet flat on the floor. Exhale and push your spine into the floor. Hold this position for 10 seconds then relax and lift the spine from the floor.



**Chest Raises**

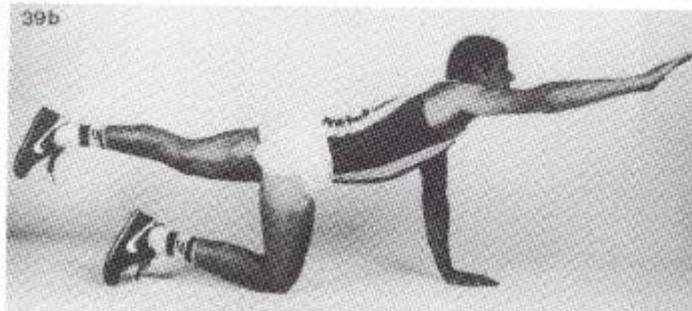
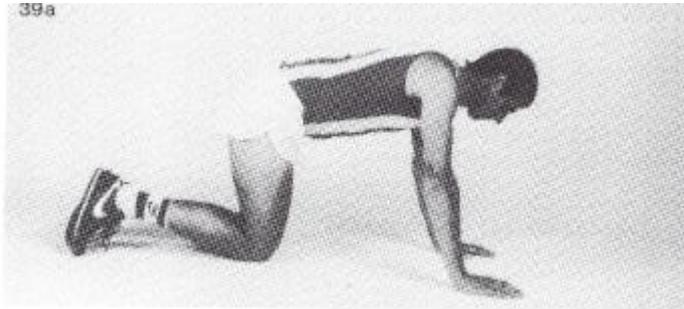


Lie face down on the floor with the hands linked behind the head. Then raise the whole upper chest off the floor and extend the spine. Hold this position for 10 seconds, Use the whole ROM.





### Opposite Arm and Leg Stretch



Starting in the kneeling position, raise the right arm and left leg towards the ceiling, at the same time lift the head slightly. Hold this position for 10 seconds then return to the floor. Repeat with the other side.

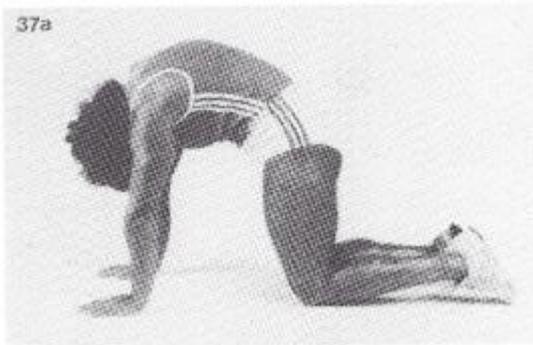
### Double Hamstring Stretch



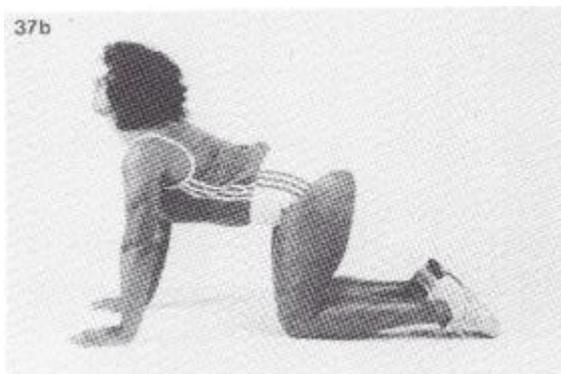
Sitting on the floor as shown in the diagram, keep the back flat and bend from the waist to touch the toes. In order to increase the stretch, point the toes, flex the toes, then bend at the waist to touch the toes again. The muscular contraction increases the range of movement.



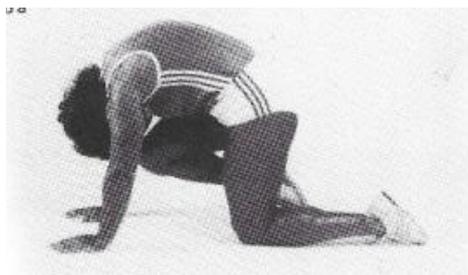
## Cat Stretch



Starting in the kneeling position, lower the head so that it is between the arms, allow each vertebrae to move in turn and arch the back towards the ceiling. Then starting from the sacrum, moving vertebrae at a time, arch the spine towards the floor, finishing with the head up towards the ceiling.



## Forehead to Knee



Starting in the kneeling position, bring the forehead and right knee together, this arches the spine towards the ceiling. Then the head rises and the knee and hip are extended so that the foot reaches for the ceiling.



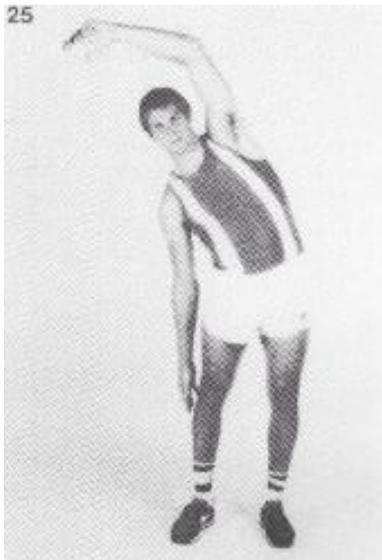


## Side Curl



Starting in an upright position, with feet shoulder width apart, keep the legs straight and bend over towards the right foot.

## Side Stretch



Standing with the feet shoulders width apart, raise the left arm and stretch to the right. Imagen that you have a pane of glass in front and behind you, try not to bend forward or backwards, just sideways.



## Abdominal Stretch



## Lumbar Roll



Lying on the floor take up the position as shown, then pull the left knee towards the ground. Trying to keep the left shoulder on the floor. Hold for 20 seconds and then repeat on the other side.



## Hip Flexor Stretch



Assume the position shown in the diagram, push the hips forward and keep the torso upright.

## Side Bend with Rotation



With the right foot in front of the left, and the right knee slightly bend. Use the right hand to touch the right foot and at the same time point the left hand towards the ceiling. Push the backside out and lift the sternum towards the ceiling.



### Standing Chair Twist



Standing with your left foot on a chair. Turn your pelvis towards the right, then place your hands on the wall and try to keep your chest parallel to the wall.

### Wall Side Stretch



Lean against the wall, with the left arm high on the wall and the feet 10 inches from the wall. Then push the hips into the wall and hold the stretch.