



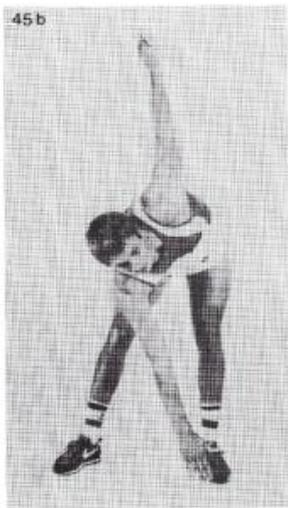
LOWER BACK STRETCHING PROGRAMME

TUESDAY - THURSDAY

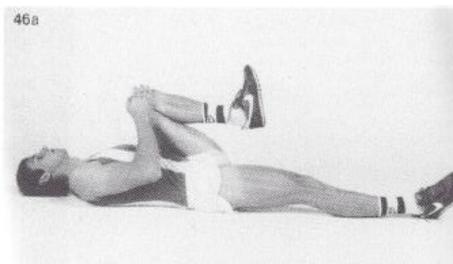
Touching Alternate Feet



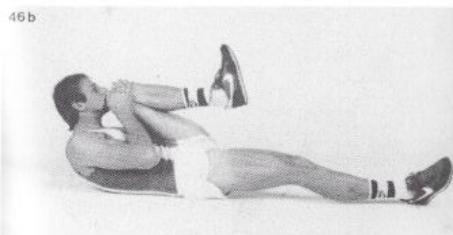
Starting with the arms spread and the legs apart. Then the right hand touches the left foot by bending forward and rotating the spine. This process is then repeated to the other side, make slow big circles increases range of movement.



Knee Clasp



Starting in the position illustrated, slowly bring the knee towards the chest, allow the chin to raise off the ground to meet the knee. Over time the range of movement will improve, this is more of a mobilisation as opposed to a stretch.





Rectus Femoris Stretch



In the position illustrated, place the left knee on the mat and right foot forward. Using the left hand to hold the foot, flex the knee, push the hips forward and keep the torso upright. Hold the stretch for 10 seconds.

Glut Stretch



Lie flat on your back, place the left heel over the right knee as shown in the illustration. Grasp under the right knee and pull towards the chest.



Golf Club Swing and Turn



Place the golf club behind the back as shown. Feet should be shoulder width apart. Twist the upper body and drop the knee, a little pressure can be added via the arms, as the spine mobility improves a steady rhythm can be used.

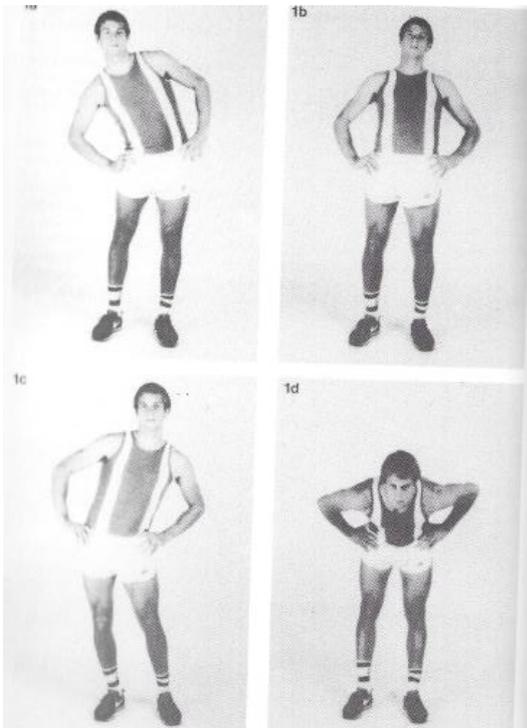
Hip Swing



Starting in the position illustrated, rotate the spine from the top down vertebrae by vertebrae, the hips will naturally move as well. Then repeat to the other side. Try to imagen the movement coming from the sternum, this stops too much movement at the shoulders.

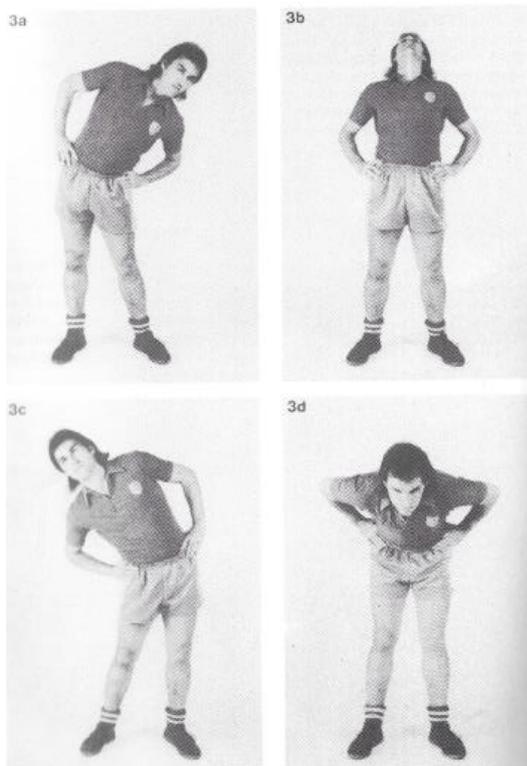


Hip Rotation



With the hands on the hips and the knees unlocked, push the pelvic girdle in a completed circle. This helps to mobilize the lower back.

Trunk Twisting



With the hands on the hips and feet more than shoulder width apart, the body above the waistline is circled. Make sure that the knees are not locked and perform the movement slowly and gradually.

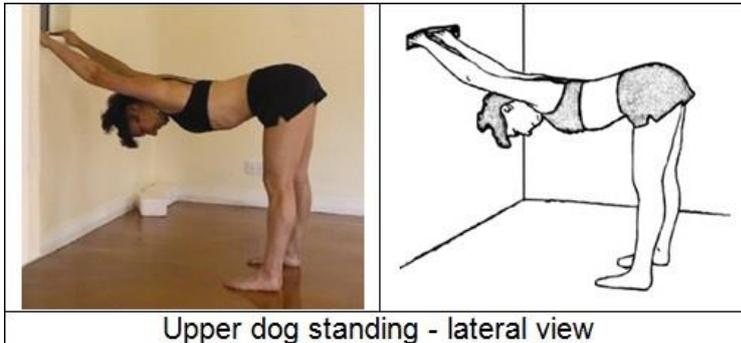


Lumbar Roll Double Leg



Lying in the illustrated position, roll the knees over to the right hand side while trying to keep the left shoulder down. Repeat to the other side.

Thoracic Spine Stretch

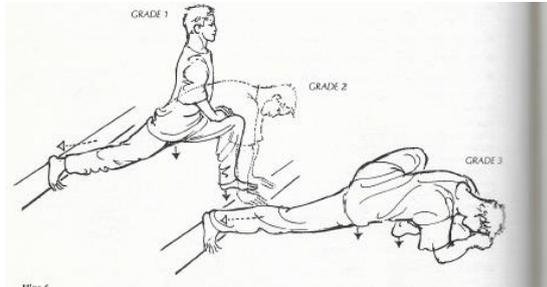


Upper dog standing - lateral view

Standing with your hands on the wall, lower your chest towards the floor, keeping your arms locked. Then try and minimise the degree of lumbar lordosis by sucking your belly to your back bone.

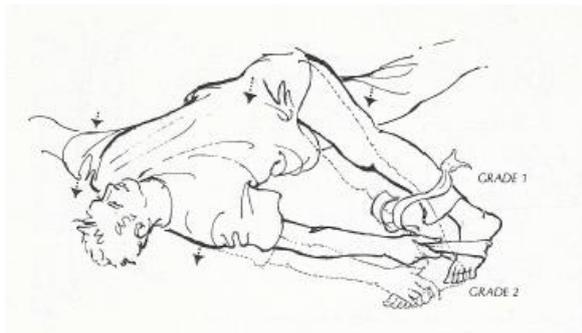


Lunge



Push the right foot against the wall and extend the leg and hip. Lower the groin towards the floor. Then lower your torso towards the floor and place the arm on the floor inside the feet.

Lumbar Roll with Extended Knee



Lying on the flat of your back, with arms spread out. Use a towel around the ankles and perform a lumbar roll. Keep the leg straight and pull the leg towards your head.

Seated Chair Twist



Sitting on a chair with your feet and hips facing the left. Turn your upper body towards the wall and place your hands on the wall.