

▶ Click for video

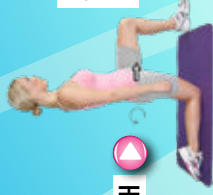
SITTING BOW AND ARROW ▶



SEATED SIDE REACH ▶



HIP FLEXOR STRETCH ▶



4

TOE TOUCH ▶



3

THE CAT ▶



2

CHILD'S POSE ▶



1

5



6



7

INTERNAL ROTATION LYING DOUBLE LEG ▶



8

FLOOR SUPERMAN TWO LEGS TWO ARMS ▶



9

SINGLE LEG BACK STRETCH ▶



10

SUPINE LUMBAR TWIST STRETCH ▶



11

LUMBAR MOBILISATION LYING ▶



Repeat each exercise 3-5 times holding each one for 5-10 seconds

Perform single leg exercises on both legs

If an exercise causes pain, stop and move onto the next exercise

Morning Stretch Routine for Back Pain

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2024