

Back Extension

Purpose

- To mobilise the lower back joints and to help prevent stiffness in the lower back.

Position

- Ensure the knees are soft initially and do not lock out as the movement is performed.
- Look ahead not up to the ceiling.
- Keep the movement small.

Action

- Place hands on bottom and not lower back.
- Soft knees.
- Facing forward slightly bend back and slowly rise.

This exercise can be performed sat down



Contact us

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