

Stretch gently. Stop any exercise causing tingling or severe pain.

Sit on a chair with your legs apart.



Bend your head and trunk down between your knees rounding your upper body as much as possible and return to starting position.

Repeat 10 times.

© PhysioTools Ltd

Standing.



Bend sideways at the waist to left and then to right.

Repeat 10 times.

© PhysioTools Ltd

Lying on your back with knees together and bent.

Slowly roll your knees from side to side keeping your upper trunk still.

Repeat 10 times.



© PhysioTools Ltd

Stand straight with feet apart.



Support your back with your hands while bending your back as far backwards as comfortable. Keep your knees straight during the exercise.

Repeat 10 times.

© PhysioTools Ltd