

**BACK STRETCHING EXERCISES**

**Lower Back Stretches**

- Lay on the floor on your back
- Bring your knees up to your chest and use your arms to pull them in further
- Hold for between 10 and 30 seconds

**Variations**

- Perform one leg at a time
- Add internal rotation to further stretch gluteus medius



**Muscles Stretched**

- Erector Spinae
- Gluteus Maximus

**Related Injuries** - Lower back pain

## **Latissimus Dorsi Stretch 1**

- Stand upright with your arms above your head
- Reach up as high as possible
- Hold for between 10 and 30 seconds

### **Variations**

- Perform one arm at a time



## **Latissimus Dorsi Stretch II**

- Kneel on the floor
- Lean forwards with the arms outstretched as far as possible and hands on the floor
- Push your buttocks down towards your feet keeping your hands still to increase the stretch
- Hold for between 10 and 30 seconds



**Related Injuries** - Back muscle strain

## **Back Arch Stretch**

- On all fours on the floor, arch your back up as high as possible
- Hold for between 10 and 30 seconds then relax.



## **Back Slump Stretch**

- Kneel on all fours and let your back slump down as if trying to get the navel to the floor
- Hold for between 10 and 30 seconds



**Related Injuries** - Back muscle strain , Lower back pain

## **Back Rotation Stretch**

- Stand upright with your arms folded across your chest
- Rotate your shoulders around to one side
- Hold for between 10 and 30 seconds

### **Variations**

- Perform seated on a chair and gripping the backrest



## **Knee rolls**

Stretches and mobilises the spine



**Start position:** Lie on your back. Place a small flat cushion or book under your head. Keep your knees bent and together. Keep your upper body relaxed and your chin gently tucked in.

**Action:** Roll your knees to one side, followed by your pelvis, keeping both shoulders on the floor. Hold the stretch for one deep breath and return to the starting position.

Repeat 8 to 10 times, alternating sides.

### **Tips:**

- Only move as far as feels comfortable.
- Place a pillow between your knees for comfort.

