

Back Stretches

Created by Seanalee Fee Dec 28th, 2017

View at "www.my-exercise-codes.com" using code: 9YX74V9

Total 7

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day





LTR stretch

Start: Lay on your back with your knees flexed and your feet flat.

Movement: Slowly let your legs drop to the side, in a pain free range, keep your abdominals tight and feet in contact with the table.

End: Return your legs to the start position and then lower to the opposite side. Repeat.

Repeat 5 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



PRESS UPS

Lying face down, slowly raise up and arch your back using your arms.

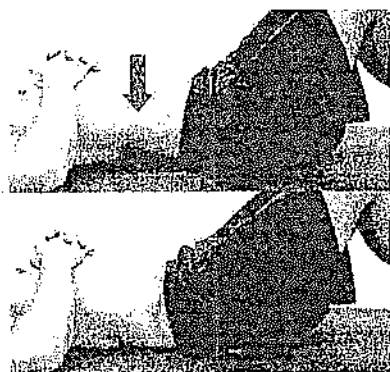
Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back.

Repeat 10 Times
Hold 3 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 9 Times
Hold 5 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day