



Lower back stretches

1. Lay on the ground and raise the knees into the chest, then rotate both knees to relax them on the ground with the arms wide, allow the hip to roll up but keep the shoulders flat.
2. Standing with feet and knees together, reach forward to place hands on knees allowing the back to round, then push ribcage towards the ceiling, to stretch the lower back.
3. Child Pose – kneeling, sit back onto heels then reach arms forwards on

the ground, taking the chest to the thighs.

Why stretch these?

Lower is an area that takes a lot of strain from supporting the trunk and upper body.

Having good flexibility can help with internal organ issues as well as the mobility of the spine and hips.

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