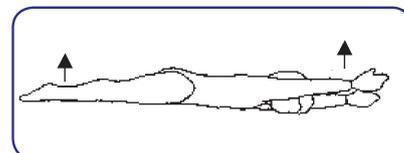


Lower Back

DORSAL RAISE

By strengthening the main muscles that run along the lower part of the spine, the erector spinae, this exercise it can help improve posture and also prevent lower back pain.

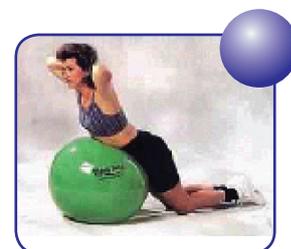
- Lie on your front on a mat with your arms outstretched in front of you and legs straight. Take care not to tense the muscles in your neck
- Raise your left arm and your right leg, keeping them both straight. Hold for 1 second, then slowly lower them. Repeat raising the opposite arm and leg



BACK EXTENSION

This is more demanding than the dorsal raise because here you are using the muscles to control the movement rather than holding them in a static position. Increase the difficulty of this exercise by moving the hands further away from the body – straight out above your head, for example.

- Lie on your front on a mat. Bend your arms and bring your hand up to your chin
- Raise your head and upper torso off the mat, taking care not to tense your neck. Hold for 1 second, then return to the start position, keeping the movement slow and controlled. Breathe out as you lift and in as you lower yourself down



Lower Back Mobility

SPINE ROTATION

- Lie on your back, arms outstretched at shoulder level. Bend both legs at about 90o and slowly drop your knees to the left until the left knee is touching the floor. Keep your shoulder blades flat on the floor. Don't force the stretch. Hold for 10 seconds.



CAT STRETCH

- Go down on your hands and knees, keeping your back straight. Push your spine upwards to create a curve in the middle of your back. Hold for 5 seconds, then release the stretch and return to the starting position.

For advice on any of the exercises mentioned in this article please ask one of the Team.

