

Back extension

We do many things during the day with our back bent in a forward position. Extending your back can improve mobility and reduce the occurrence of sudden pain in daily life.

Exercise 1:

Lie face down with your elbows bent and your hands and forearms flat on the floor.
Push your hands and forearms against the floor to lift your chest and extend your back. Keep your hands and forearms on the floor.

Lower your chest and repeat the movement.



Exercise 2:

Lie face down with your hands at shoulder level and your elbows bent.
Push up until your elbows are straight.
Keep your hips in contact with the floor and your back will extend. Lower yourself and repeat the movement.



Exercise 3:

Stand with your feet at hip width and your hands on your lower back just above your bottom. Slowly push your shoulders back and your hips forward and let your back extend.

Return to the starting position and repeat the movement.

