

Back rotation exercises

Back problems can easily cause your back to become stiff as activity decreases. These exercises facilitate normal back movement.

Exercise 1:

Lie down on your back with your knees bent and your feet flat on the floor.
Your arms should be relaxed and slightly away from the body.

Let your knees roll slowly to one side, bring them back to the starting position and repeat on the other side.



Exercise 2:

Lie on your back with one leg straight and the other knee bent so that your foot is flat on the floor.
Your arms should be relaxed and slightly away from the body.
Let the bent knee roll slowly towards the straight leg.
You can use your hand to press the knee closer to the floor.

Let your knee and hand return to the starting position and repeat on the other side.



Exercise 3:

Sit on a sturdy chair.
Slowly turn to look backwards and rotate your back as far as possible. Start the movement with your arms.

Repeat on the other side.

If the movement feels good, you can enhance it by grasping the back of the chair with your hands.

