

Back rounding

People with back pain are sometimes advised to avoid rounding their back. However, this does not help treat the problem. Rounding is part of normal back movement and avoiding rounding movements can cause a feeling of discomfort. Moving slowly helps prevent the occurrence of sudden pain and facilitates normal movement.

Exercise 1:

Lie on your back and bring your knees towards your chest. Hug your knees and feel the stretch in your back.

Relax your arms and repeat the movement.



Exercise 2:

Sit on a sturdy chair with your feet slightly apart. Slowly bend your head and upper body forward, sliding your hands down your legs.

Return to the starting position and repeat the movement.



Exercise 3:

Stand with your feet at hip width and your knees slightly flexed. Slowly bend your head and upper body forward, sliding your arms down your legs.

Return to the starting position and repeat the movement.

