PHYSIOTOOLS

Back Ex

©Physiotools

Bridge

Lie on your back with legs bent.

Squeeze your buttocks, roll your pelvis off the floor and straighten your hips. Hold and in a controlled manner return to the starting position.

Repeat 10 times.

©Physiotools

Bridge with Leg Lift

Lie on your back with legs bent.

Squeeze your buttocks, roll your pelvis off the floor and straighten your hips. Hold the position and straighten one knee. Don't let the pelvis tilt to either side. Lower the foot back on the floor and return to the starting position.

Repeat 10 times.

©Physiotools

Arm and Leg Lift

On your hands and knees.

Control the position of your back and lift one leg and opposite side arm. Return to the starting position and repeate with the other side.

Repeat 5 times.

Trunk Side Bending Stretch

Stand tall, with your feet shoulder-width apart.

Bend your trunk sideways while reaching upwards with your hand. You can place your other hand on your hip. Return to the starting position.

Hold for 5 sec.

Squat

Stand tall with feet slightly wider than hip-width apart. Toes pointing forward or turned a few degrees outwards. Keep your chest up and your spine and neck in a neutral position.

Squat down by sitting back and bring your arms forward. Push back up through the heels, chest up, and straighten your hips.

Note:
- Keep your hips, knees and toes aligned and don't let your lower back round.
- Keep your weight evenly on your whole foot.

Repeat 10 times.