

Back Stretches

Summary

- These exercises aim to improve the flexibility of your back muscles and should be performed 2-3 times a day, 3-4 days a week. It is important these are on non-consecutive days to allow time for your muscles to rest and repair.
- You can take painkillers as advised by a prescribing clinician or pharmacist. Taking them before exercise can help you stay active without causing extra pain.
- *Aim to complete 3 sets of 10-15 reps as you are able to.*
- *Start with 5-10 reps of each exercise and gradually build this up.*
- *Hold each stretch for 15-30 seconds*
- Regularly perform these exercises here to help ease pain and prevent future symptoms.
- Stay active and avoid static postures
- Your pain should ease within 6-12 weeks of commencing these exercises.

Stretches

1. Child's Pose



1. Start in a crawling position.
2. Let your arms slide along the floor as far as possible.
3. Push your bottom back and down and your chest towards the floor.
4. Breathe out while doing this exercise.
5. Return to the starting position and repeat.

2. Seated thoracic rotations



1. Sit on a chair and hold onto the back of the chair.
2. Look over your shoulder while turning your upper body.
3. Return to the starting position and repeat on the other side.
4. Repeat on each side.

3. Seated Side Bend



1. Sit on a comfortable surface.
2. Hold your hands and lift your arms over your head.
3. Breathe in and slowly bend to the side and hold.
4. Breathe out and return to the starting position.
5. Repeat on the other side.

4. Superman with hands by the side



1. Lie face down with your hands underneath your shoulders.
2. Press into your hands, keeping your hips touching the floor. Aim to achieve straight elbows.
3. Hold for 5, relax. Repeat

* Look down straight ahead while doing this exercise.

5. Seated Back arch



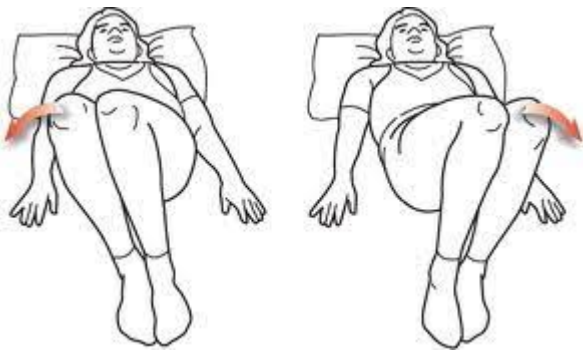
1. Sit on a chair with your fingers clasped behind your neck.
2. Lean the affected part of your upper back against the back of the chair to provide support.
3. While inhaling, push your shoulders over the edge of the chair and lean back to straighten the spine and hold.
4. Return to the starting position and repeat.

6. Seated Chest Stretch



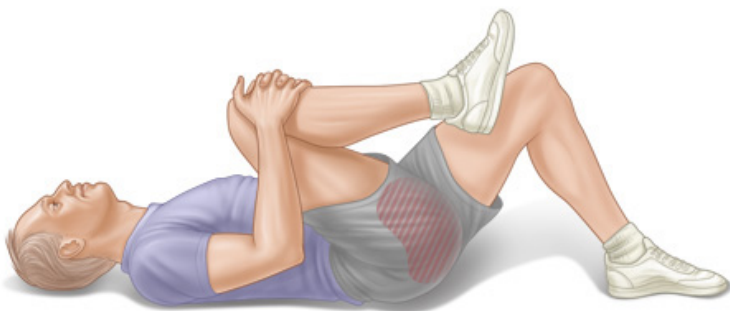
1. Sit with your back straight and feet firmly on the floor.
2. Pull your shoulder blades together and turn your thumbs and hands outwards.
3. Hold and repeat.

7. Lumbar Rotation



1. Lie on your back, with your knees bent and your feet together.
2. Roll your knees to one side, keeping your shoulders flat on the bed or floor, and hold.
3. Roll your knees back to the starting position, and then over to the other side and repeat.

8. Knees to Chest



1. Lie on your back, with your knees bent and feet flat on the floor or bed.
2. Bring one knee up and use your hands to pull it gently towards your chest.
3. Hold the leg in position and then relax.
4. Repeat this exercise with the other knee.