



Back Mobility Class

A. Lying on back: 1 minute each

1. Knee rolls with head turns in opposite direction
2. Knees to chest stretch; head on block; 10secs hold
3. Knees to chest stretch; head, neck and shoulders off block
4. Cross-body glute stretches; 10secs hold
5. Single leg rotations with knee bent; 30secs each direction
6. Pelvic tilts, progressing to shoulder bridge (no head block)
7. Single leg push

B. Lying on front: 1 minute each

1. Leg reaches, arm reaches, progression to 'supermans'
2. Back extensions/ 'cobras'.

C. From hands and knees: 1 minute each

1. Sit back on heels stretch
2. Cat stretches

D. Standing: 4-6 reps

1. Hip rotations; 4-6 reps each direction
2. Side bends; arms by side, progress to one arm overhead
3. Upper body rotations; hips face forwards
4. Full spine rotations; within comfortable range
5. Roll-downs; slowly and controlled.