



Back Mobility Exercises

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*** Exercises = Stretch Exercises**

These exercises are stretches, so feel free to hold each position for as long as is comfortable. If you experience any pain or discomfort during these exercises, then STOP immediately. Hold for a maximum of 30 seconds unless you have been instructed otherwise.

Lumbar Rotation 1 (Head Still)

- Lying on your back, knees bent, feet together.
- Slowly roll knees to one side, twisting at the waist.
- Keep the upper trunk still and try keep shoulder blades on floor throughout, then gently roll the other way and repeat.



Lumbar Rotation 2 (Move Head & Arms)

- Roll the knees to one side, take the arms in the opposite direction, as you turn the head, then repeat in the other directions



Lumbar Rotation 3

- Lying on your back, one knee flexed, take hold of the knee and gently pull over to one side; counter-balance with the opposite arm, keeping shoulders in contact with the floor.
- Repeat on the other side.





*** Lumbar Flexion 1**

- Lying on your back, knees bent, pull one knee towards your chest, breathe out gently as you pull leg up.
- Repeat with the other leg.



Lumbar Flexion 2

- Lying on your back, take hold of one leg behind the thigh.
- Extend the other leg long along the floor, as you squeeze the flexed leg towards your chest.
- Leave your head on the floor.



Lumbar Flexion 3

- Lying on your back, hug both knees to the chest, tucking your bottom under.
- Hold the knees and pull them up towards your chest and shoulders.



Supine Spinal Flexion

- Lying on your back, carefully pull both knees towards your chest, as you 'peel' your head forwards.
- Think about curling the backbone from head to tailbone.



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*** Glute Stretch 2 (Hip Rotation)**

- Lying on your back, knees bent, place one foot on top of the other knee.
- Take hold of the lower leg, and gently pull leg in towards you and gently press out on the other knee.



*** Hamstring Stretch**

- Lying on your back, take hold of one leg behind the thigh.
- Slowly lengthen your leg, pressing your heel towards the ceiling. Feel stretch in back of thigh.
- Exhale as you pull leg in towards body. (You can also use a band around the foot to gently draw the leg towards you, increasing the stretch further).



*** Seated Hamstring & Adductors**

- Sitting, legs wide, gently lift the chest towards the thigh. Feel the stretch underneath the thigh.
- If you find this difficult, try putting a couple of blocks under your bottom to raise you off the floor.



*** Outer Thigh / Glutes**

- Sitting with feet out in front, cross one leg over the other, pull the foot towards the hip.
- Hold round the flexed knee, and gently pull the body into a twist towards the opposite shoulder. Sit tall, breathe!



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Cat Stretch (Thoracic Flexion) & Spinal Extension

Part 1

- On 'all-4's', with hands under the shoulders, knees under the hips.
- Smoothly curl the back from head to tailbone, bring your chin down towards chest, push shoulder blades up to ceiling, feel the stretch in the spine and shoulders.
- Arch the spine upwards while letting your head relax between your arms.
- Repeat



Part 2

- Stay in the same position and allow the back to sink in the middle, lower chest towards the floor, lifting the head looking forward, and arching through the back lifting the tailbone.
- Keep your neck long and elbows extended.



Prone Extension / Cobra

- Lying face down starting with your hands under your shoulders on the floor.
- Extend the elbows pushing your hands into the floor, lifting your chest up off the floor, head up looking forward.
- Lift up as far as is comfortable.
- Keep the pelvis flat.



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*** Shell Stretch**

- Kneel on all fours, sit back onto the ankles and take your chest down towards the floor reaching the arms out in front on the floor.
- Only move as far as is comfortable.
- Exhale as you increase stretch, and walk fingertips forward on the floor.



*** Thread the Needle**

- From hands and knees, thread one arm underneath the opposite arm, until you rest the outer shoulder/ or some part of your arm onto the floor.



*** Piriformis**

- Start on hands and knees, bring your right knee forward into middle making a triangle with your 2 hands and knee.
- Take your right foot over to the left, move your left leg over to the right behind your body.
- Lower both elbows onto floor.
- Fold on the hips and slide left leg as far back as you can.
- Feel the stretch on your hip/buttock and breathe!



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* Hip Flexor - Kneeling

- Standing with one leg forward and the other back, and feet hip width apart. Transfer most of your weight onto the front leg.
- Lower the knee of the back leg towards the floor, tilt pelvis forward & squeeze glute as you press forward.
- Progressing this stretch, lift the same side arm up in the air (as the back leg side), and reach up and over, increasing this



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