

HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

LOWER BACK MOBILISATION



Starting on hands and knees, try to push your back up towards the ceiling, rounding your back in the process. Drop your head to increase the arc. Hold for 5 secs.



Now, drop your stomach down to try to touch the floor. Don't bend your arms as you arch your back and tilt your head backwards. This is a pelvic tilt.



Start on your hands and knees. Now rock back onto your haunches, try to sit on your heels, whilst at the same time stretching your arms out to the front. Hold for 30secs. Don't forget your breathing. Repeat 3 times.



Next rock forward onto your hands and arching your back, drop your pelvis onto the floor. Drop your head backwards to complete the arc. NB: if this hurts avoid doing it.