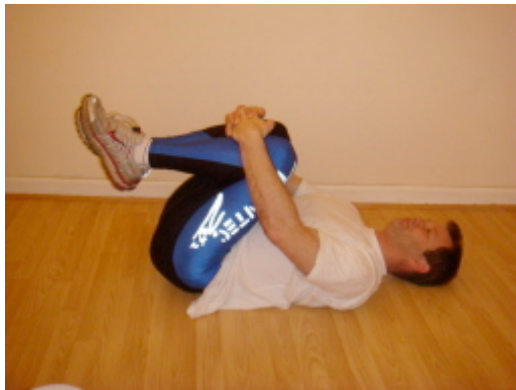


HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

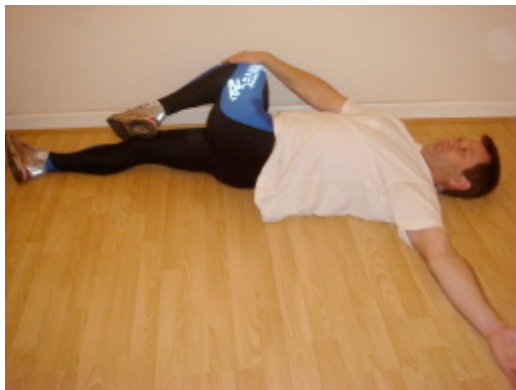
LOWER BACK PAIN STRETCHES



Start by lying on a firm surface. Relax and start with controlling your breathing. Lift one knee to your chest. Grab hold of your knee with both hands and then pull it towards you as you breathe out. Repeat with 3 breaths. Change to the other side and repeat 3 times.



As before, but with both legs. Hold as you breathe in and relax and pull up more as you breathe out. Repeat 3 times.



Starting flat on your back, raise your left leg and place that foot on the side of your right knee. Now using your right arm hold onto the outside of the left knee, keep your arm straight and, with breathing pull the knee down towards the floor, twisting your body. Keep your shoulders flat. Repeat on the other side.



Start on your hands and knees. Now rock back onto your haunches, trying 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.