

Click for video

SITTING BOW
AND ARROW

Repeat each exercise 3-5
times holding each one for 5-10 seconds

Perform single leg
exercises on both legs

If an exercise causes pain,
stop and move onto the next exercise

HIP FLEXOR STRETCH

SEATED SIDE
REACH

INTERNAL ROTATION
LYING DOUBLE LEG

FLOOR SUPERMAN TWO
LEGS TWO ARMS

SINGLE LEG BACK
STRETCH

TOE TOUCH

THE CAT

CHILD'S POSE

SUPINE
LUMBAR TWIST
STRETCH

LUMBAR
MOBILISATION
LYING

Morning Stretch Routine for Back Pain

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