

JOHN LANT & PARTNERS

OSTEOPATHS

206 CHESTERTON ROAD CAMBRIDGE CB4 1NE

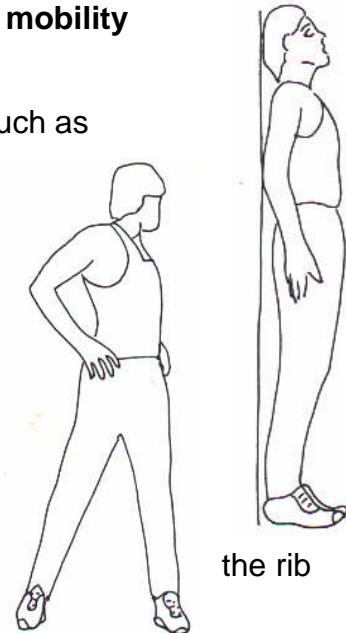
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Advice Sheet AS12: Exercises for improving back mobility

'Think tall' whilst attempting to flatten your spine as much as possible against a wall.

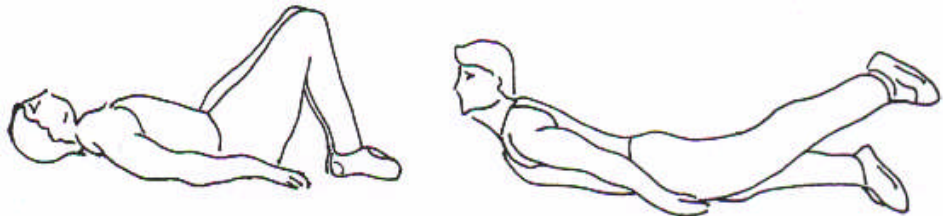
Stand with your feet apart and hands on your hips. Turn from the waist as if to look behind you. Repeat in the opposite direction. **[Repeat 5 times in each direction]**



Place your hands on either side of your rib cage whilst supine. Breathe in deeply through the nose and out through the mouth whilst pushing against cage with your hands. **[Repeat 10 times]**

1. Whilst resting prone raise one leg off the floor at a time with your knee straight. **[Repeat 5 times with each leg]**

2. Raise your head and shoulders off the floor as high as possible. **[Repeat 10 times].**



Start by kneeling on all fours, stretch alternate arms and legs so that the limbs are parallel with the floor. Hold for a count of ten. Repeat with the other arm and leg. **[Repeat 5 times each side]**

