



“HI! HERE ARE 5 BASIC STRETCHING EXERCISES TO HELP THE MAJORITY OF LOW-BACK PROBLEMS! DO EACH ONE FOR A MINUTE OR TWO GENTLY AND STOP IF IT HURTS! ASK ME FOR ANY FURTHER ADVICE IF YOU ARE UNSURE HOW TO DO THEM!” DUNCAN SCOBIE DO

1) PULL THE KNEES TO THE CHEST.

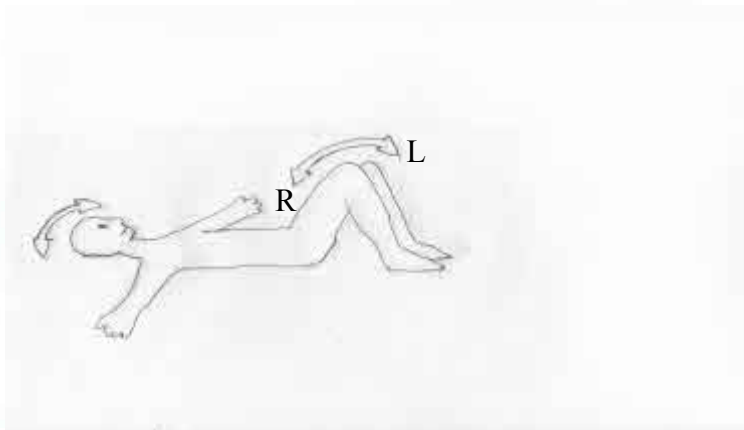
A) PULL IN FOR FIVE SECONDS.



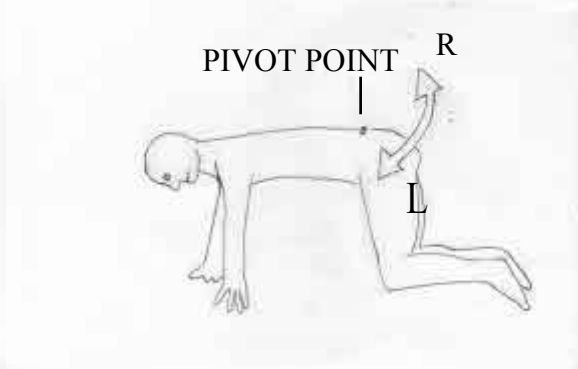
B) RELAX OUT FOR FIVE SECONDS.



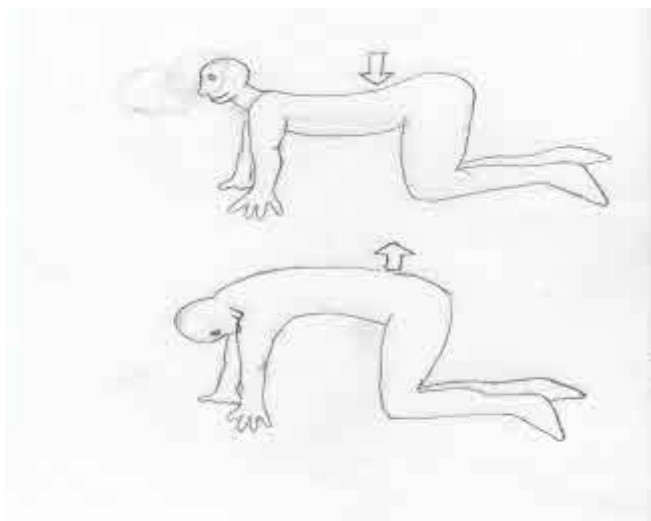
2) ROLL KNEES LEFT AND HEAD RIGHT, THEN KNEES RIGHT, HEAD LEFT, REPEAT.



3) TAIL WAGGING! GENTLY SWING PELVIS LEFT AND RIGHT.



4) THE CAT! GENTLY ARCH THE LOW BACK DOWN, THEN ARCH UP.



5) PRAY!!! GENTLY LOWER THE BOTTOM ONTO THE HEELS, THEN UP TO START POINT. THEN REPEAT. TUCK HEAD IN AS YOU LOWER DOWN.

