

Low Back Pain Exercises



Standing hamstring stretch



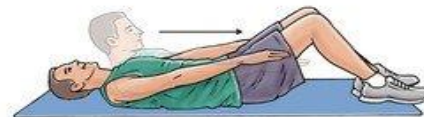
Cat and camel



Pelvic tilt



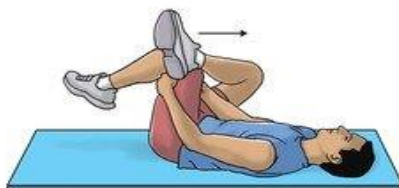
Quadruped arm/leg raise



Partial curl



Extension exercise



Gluteal stretch



Side plank

We do not advise you do these exercises if you have severe back pain or have any pain/symptoms down your legs or have any recent injury to your back. If you are unsure as to what exercises to do, please book an appointment so one of our therapists can guide you through the correct way to do the exercises that are best suited for your symptoms.

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