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Click for video

 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

Morning Stretch Routine for Back Pain

- CHILD'S POSE
- THE CAT
- TOE TOUCH
- HIP FLEXOR STRETCH
- SEATED SIDE REACH
- SITTING BOW AND ARROW
- INTERNAL ROTATION LYING DOUBLE LEG
- FLOOR SUPERMAN TWO LEGS TWO ARMS
- SINGLE LEG BACK STRETCH
- SUPINE LUMBAR TWIST STRETCH
- LUMBAR MOBILISATION LYING

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019