

Click for video

SITTING BOW
AND ARROW

SEATED SIDE
REACH

HIP FLEXOR STRETCH

TOE TOUCH

THE CAT

CHILD'S POSE

INTERNAL ROTATION
LYING DOUBLE LEG

FLOOR SUPERMAN TWO
LEGS TWO ARMS

SINGLE LEG BACK
STRETCH

SUPINE
LUMBAR TWIST
STRETCH

LUMBAR
MOBILISATION
LYING

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

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