

**Stretch gently. Stop any exercise causing tingling or severe pain.**

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Sit on a chair with your legs apart.



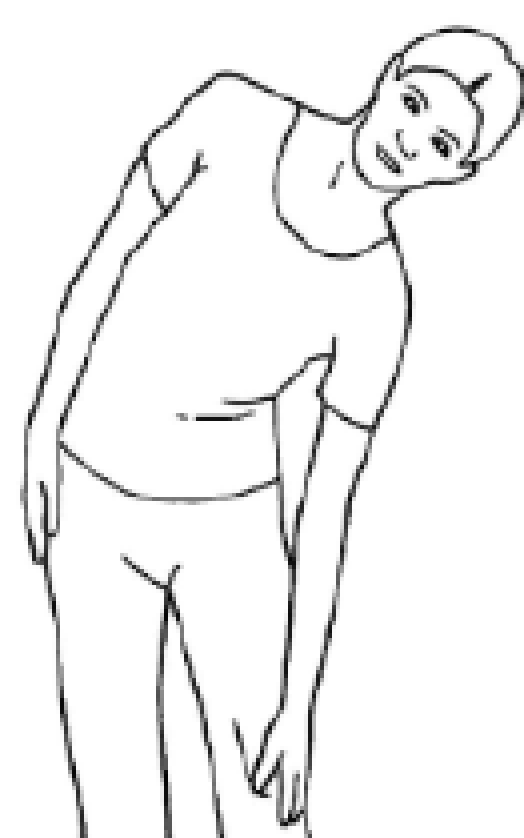
Bend your head and trunk down between your knees rounding your upper body as much as possible and return to starting position.

Repeat 10 times.

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Standing.



Bend sideways at the waist to left and then to right.

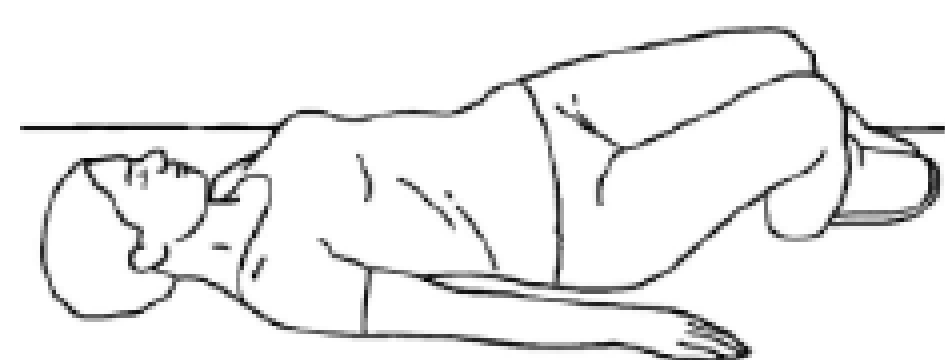
Repeat 10 times.

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Lying on your back with knees together and bent.

Slowly roll your knees from side to side keeping your upper trunk still.



Repeat 10 times.

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Stand straight with feet apart.



Support your back with your hands while bending your back as far backwards as comfortable. Keep your knees straight during the exercise.

Repeat 10 times.

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