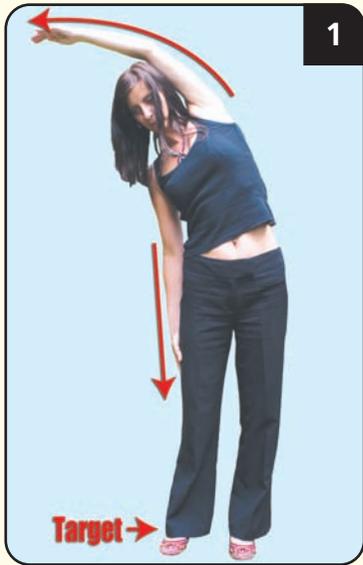


lebas clinics stretch exercises - back



1

Side Bends

1. Stand with feet astride, laterally flex spine.
2. Placing your arm down the side of your body, take the other arm above your head to increase the stretch.
3. Breath in through nose & sink down breathing out through mouth.
4. Hold for 20 secs.
5. Repeat other side.
6. Repeat every 1-2 hrs.



2

Cricketers

1. Lying on the floor twist hips over to the right and bring left knee up as close to armpit as possible.
2. Push knee to the ground whilst stretching left arm out to keep left shoulder on the ground.
3. Hold for 20 secs. Change sides and repeat.
4. Repeat every 1-2 hrs.



3

Asian Squat - **DO NOT ATTEMPT IF YOU HAVE BAD KNEES**

1. With **heels on the floor** bend knees.
2. Extend arms to aid balance, hold onto something to help balance.
3. Hold for 20 secs.
4. Repeat every 1-2 hrs.



4

Baby Spinal Extension

1. Lie on the floor with forearms flat on the ground.
2. Lift chest and extend the spine.
3. 10 repetitions.
4. Repeat 1-2 hrs.



5

Full Spinal Extension

1. Lie on the floor with hands in a 'push-up' position.
2. **Keeping your hips on the ground**, straighten your arms to lift chest and extend the spine.
3. 10 repetitions, then one sustained 20 sec stretch.
4. Repeat 1-2 hrs.



6

Mini Crunchies

1. Lying on the floor bend knees bent and feet together.
2. Support head **but do not pull**.
3. Crunch up but no further than shoulder blades off the floor.
4. Lower yourself down under control.
5. Repeat until you feel a "burn" in stomach muscles.
6. Aim for at least 90-100 repetitions daily. These may be done in sets, whilst resting, roll over and do Dry Land Swimming.