



BACK BEND STRETCH

1. Stand up with feet shoulder width apart.
2. Place your hands on your lower back and gently lean backwards, pushing the hips forward to stretch out the lower back. Allow your head to fall back if you are comfortable.
3. Hold for 5-10 seconds, return to starting position and repeat another time.



SIDE REACH

1. Start with arms at your side and slide your right hand down the side of your body as your left hand reaches overhead.
2. Keeping arms extended, hold the stretch with the top arm to the side and ceiling as the lower arm reaches down the leg.
3. Repeat this move 8-10 times and change sides.



SEATED SPINAL ROTATION

1. Sit comfortably. Ensure your shoulders, hips and feet are square.
2. Sitting up tall, rotate to your left, using your right hand to anchor you and pull you further into the stretch. Ensure that you keep your chest proud, breathing deeply to allow you to rotate further.
3. Hold for 10-15 seconds and repeat in the opposite direction.



UPPER BACK STRETCH

1. Stand facing a pole or something sturdy you can hold on to easily.
2. Take a couple of steps back and reach forward with both hands.
3. Firmly grab the pole and push your bottom backwards allowing your arms to stretch up and your back to flatten.
4. Feel the stretch on the upper back and shoulders.



08 8354 9800



bookings@chg.net.au



www.chg.net.au



103 Henley Beach Rd Mile End
SA 5031



FORWARD HANG STRETCH

1. Stand with your feet wider than shoulder width with toes pointing 45 degrees.
2. Place your hands on your hips. Keeping legs straight bend forward from the hips as far as possible. Try and reach the ground.
3. Take a deep breath and as you exhale relax further into the stretch.
4. Slowly return to start position and add a small back bend.



HIP FLEXOR STRETCH

1. Assume a lunge position with back knee resting on ground.
 2. Keep your lower back straight, shoulders retracted and gently push your hip forward.
 3. Hold the position for 5 seconds and then go slightly further into the stretch for 5 seconds more.
 4. Alternate legs and repeat.
- * For a deeper stretch raise the arm of the side you are stretching. This will take the stretch up into the stomach area.



SPINAL TWIST

1. Stand with feet shoulder width apart in neutral spine.
2. Retract shoulders.
3. Keeping hips square, gently turn towards your right.
4. Hold for 20 seconds and repeat in the opposite direction.
5. Repeat 2 times on each side.



STANDING GLUTE STRETCH

1. Stand with feet shoulder width. Find your balance on one leg.
2. Arms to the side for balance, place your right ankle above your left knee.
3. Slowly sit back into the stretch as if you are going to sit on a chair. You should feel a stretch in your right glute. Keep your chest proud.
4. Hold for between 10 and 20 seconds and repeat on the other side.

General flexibility is very important as many of the muscles are closely connected to the spine. These specific stretches can help people suffering from back pain. However, please remember these stretches are a general guide and that if you are experiencing regular back pain then treatment should be undertaken with a Medical Professional.



08 8354 9800



bookings@chg.net.au



www.chg.net.au



103 Henley Beach Rd Mile End
SA 5031