



1. Pelvic tilting in sitting

Sit upright on a chair or firm surface with your feet hip width apart. Keep your upper body and shoulders still throughout this exercise. Arch your lower back to tilt your hips and pelvis forward so that you sit through your seat bones. Hold this position. Now flex through your lower back so that your pelvis tilts backwards and you are in a slumped position. Aim to move from one position to the other with a smooth slow transition.

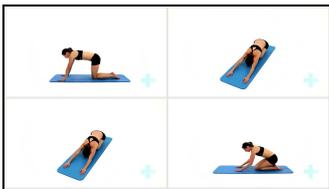
1 rep, 1 set, 1 s hold



2. Cat and camel pose

Start on your hands and knees with your back in a neutral position. Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine. Hold this position. Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back. Hold this position, and then repeat.

1 rep, 1 set, 1 s hold



3. Child pose

Get onto your hands and knees, and drop your buttocks back onto your heels. Stretch your hands forwards, dropping your head between your shoulders towards the floor. You will feel this stretch through your back and upper arms.

1 rep, 1 set, 1 s hold



4. Cobra pose

Lie on your stomach. Place your hands underneath your shoulders. Squeeze your elbows in toward your rib cage throughout the whole movement. Press the top of your feet down into the floor and engage your quads so the knee caps lift off the floor. Engage your abdominals so that the pubic bone presses down to the floor. And then engage your back muscles to lift up into extension. Slide your shoulder blades down your back and make sure you keep elbows and shoulders down. Slide your shoulder blades down your back, and then push off the floor into the Cobra position. Remember to keep your elbows close to your rib cage and your shoulder blades down.

1 rep, 1 set, 1 s hold



5. Bent-leg body twist variation - restricted mobility of the lower back

Lie on your back in the supine position with your legs bent and your feet flat on the floor. Extend your arms at a 45 degree angle to your trunk with your palms facing downwards. Raise your head just off the floor and keep your chin tucked in. Maintain contact between your knees and feet, and tighten your abdominal muscles for the duration of the exercise. Now rotate your legs to the left to the limit of your ability, make sure the opposite shoulder remains in contact with the floor throughout the movement. Move back to the neutral position and repeat, alternating sides for the desired number of repetitions. Do not rotate the legs to a point beyond which the arms and shoulders can no longer maintain contact with the floor. Perform this exercise in a slow controlled, manner within the range of your mobility.

1 rep, 1 set, 1 s hold