

Lower Back

Range of Motion Therapeutic Exercises

Flexion/Extension: Sit upright with your arms crossed and your feet slightly apart. Bend forward; let gravity pull you towards the floor. Straighten back up and relax. Arch backwards, keeping your eyes level with the floor. Stop movement if you feel any pain.



Lateral Flexion: Sit upright with your arms crossed and your feet slightly apart. Bend slowly to the right, moving only at the waist. Keep both heels on the floor. Straighten back up and relax. Repeat to the left side. Stop movement if you feel any pain.



Rotation: Sit upright with your arms crossed and feet slightly apart. Twist at the waist. Keep both feet on the floor. Return to starting position and relax. Repeat to the left side. Stop movement if you feel any pain.

