

Lower Body Stretches (to do at end of car journey)

These stretches, if done regularly and properly, will keep the lower body mobilised and flexible; this will reduce the risk of injuries. It is important to keep the rest of the body in 'neutral', breath normally and feel the stretch - timings are for guidance only, listen to your body

PLEASE ENSURE YOU DO NOT STRETCH TO THE POINT OF FEELING PAIN!

Stretch from fingertips to toes; hold for 5s; repeat twice



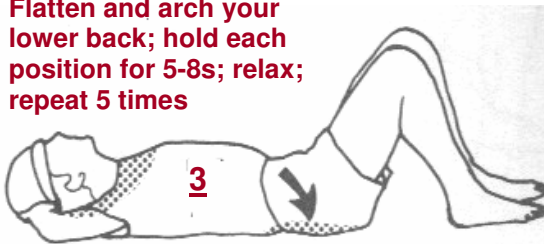
Bend 1 leg at the knee; take bent leg across body; hold for 10-15s; repeat with other leg



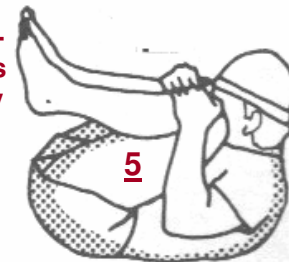
Pull knees to chest; hold 5s; relax; repeat 5 times



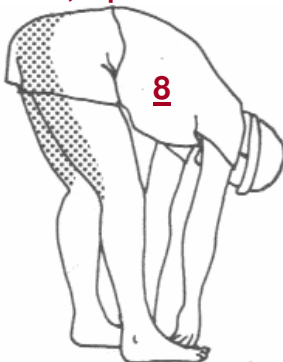
Flatten and arch your lower back; hold each position for 5-8s; relax; repeat 5 times



Raise head towards knees - only go as far as you comfortably can; hold 5s; repeat 5 times



Bend to touch your toes; only go as far as you comfortably can; hold for 10-15s; soften knees and come up slowly, lifting your head right at the end; repeat 3-4 times



Bring your feet together; breath out as you bend forwards from your waist; hold your toes for 20-30s; repeat twice



Sit with your back against a wall; pull the bent leg across; hold for 15-30s; repeat with other leg

DISCLAIMER

No responsibility is accepted for injuries sustained through incorrect practices

For more information on
Lower Back Problems
please contact us at **FixMe**

