

# Standing Extension/Backward Stretch

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## Extension Exercise

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- A backward bending stretch that can be conveniently done anywhere is called the Standing Backward Stretch or “Standing Extension Stretch”. With this stretch, you:
  - Stand upright
  - Place your feet shoulder width apart
  - Place your hands on your lower back
  - Lean backward while keeping your neck straight
  - Lean further back until you feel a slight stretch in your back
  - Hold for a count of five
  - Repeat this 3 or 4 times