

Lower Back Stretch

Flexion Exercise



- To start the Lower Back Stretch, sit in a chair with your feet flat on the floor. Shift your weight slightly forward to avoid rounding your back. Relax, and keep your ears, shoulders, and hips aligned.
- Sit with your feet well apart.
- Bend forward and touch the floor with the backs of your hands. Relax and let your body drop.
- Hold for 20 seconds. Return to the starting position.
- Repeat 2 times.