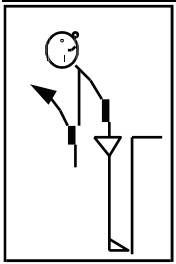
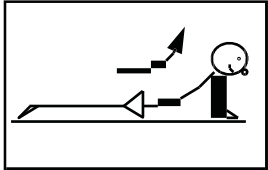


## Low back extension exercise the only one you need to do



... a) Stand facing a wall or table. Bend backwards. Don't let your hips or pelvis move forward to touch the table. Return to upright.

Repeat



... b) Lie—on front. Push up with your arms. Don't lift your hips or pelvis off the floor. Return to flat.

Repeat

[A variation of this is to place hands on top of head and to raise head and feet 2-3 inches]

The walk in back physio service is at Barbara Castle Way 01254 617323

<http://www.backincontrol.org.uk/PDF/Leaflet.pdf> This website may help explain about

backache in people without a structural problem. Most back pain is postural, resulting from the muscles getting flabby from lack of strengthening exercise such as the one above

Do this exercise 10x twice a day for 2 weeks every 3 months to keep your back in trim.