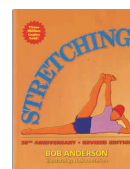
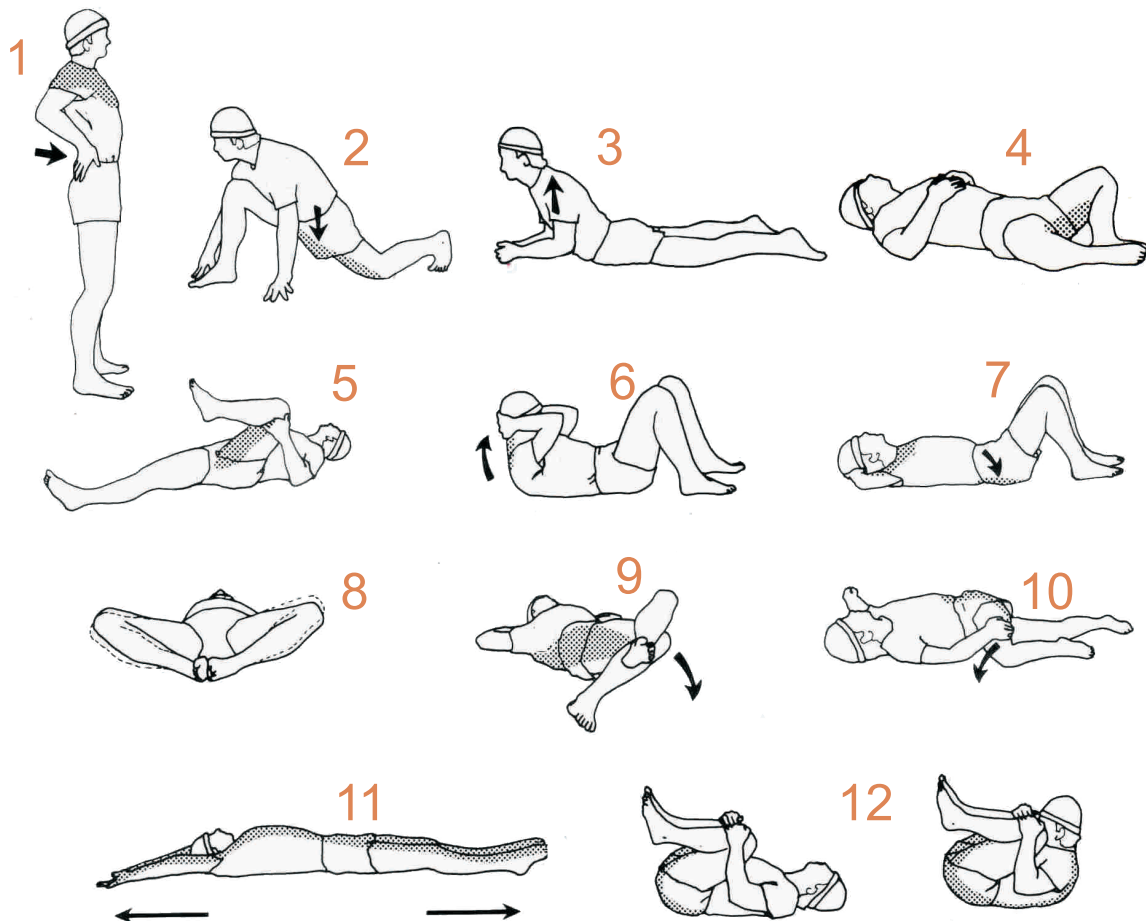


## Back Stretching Exercises 1

*If any of these exercises cause pain or make you feel unwell, stop and seek professional advice. These exercises are intended as part of your personalised self care regime. Please consult your practitioner before trying these stretches*



Illustrations taken from  
Bob Anderson's  
**STRETCHING** Book

Highly recommended reading  
Available from Amazon

### Tips for Good Stretches -

*Try and sense what tissues are being stretched. Try to imagine what you are doing. It will make it more effective and less likely to cause damage. When stretching, don't try to create new length in your muscles, but more so try to return stiff muscles to their "normal" length.*

Perform each stretch slowly.

Breathe out as you stretch

Hold for a count of 3 at the end

Perform stretches in the order shown

Repeat on both limbs where applicable

For leg and hip stretches count 5 seconds