

Lower back exercises

Knee hug exercise

Lay on the bed with your knees bent keeping the head relaxed on the pillow (insert photo 6746). Reach forward and grab the left knee with the left hand.



Then the right knee with the right hand.



With both hands bring the knees towards the chest at the same time until you reach a resistance in the movement through the legs



At that point hold it there for ten seconds. Relax the tension slightly for a few seconds then repeat 5 times. Once finished place one leg down at a time.

Thigh roll low back rotation exercise

Lay on your back with your knees bent



Gently and slowly let your legs roll so that your knees drop towards the bed



Hold there for 10 seconds. Then roll the knees back to the centre and slowly to the other side



Hold for 10 seconds and repeat both 5 times.