



Bloomsbury Osteopathy

Low Back Exercises

Prayer Pose / Cat Crawl Back Stretch

LSPM12

Function:

To stretch, lengthen and relax the muscles of the lower back and to gap the joints of the lumbar spine. Also to help stretch the buttocks, upper back and shoulders.

Method:

Starting Position:

Kneel on a flat surface with a towel beneath the knees for protection and with the buttocks resting lightly on the heels of the feet.

Action:

Slowly and in a controlled manner, reach forwards with both arms and with head down to face the floor. Slide hands forwards on the floor as far as possible without allowing the buttocks to leave contact with the heels. At end of range hold the position for 20 seconds whilst breathing slowly and deeply. Return to starting position.

Notes:

It is important not to allow the buttocks to leave contact with the heels as the stretch to the lower back will be lost.

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

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- STRETCHING OF:
1. THE MUSCLES, LIGAMENTS AND TENDONS OF THE LUMBAR AND THORACIC SPINE
 2. THE GLUTEI (BUTTOCKS)
 3. THE SHOULDER MUSCLES (LSPM12)

