

## Exercise Prescription: Seated Flexion

### Purpose of Exercise:

This is a self-treatment for low back stiffness and can be used as one of the exercises to prevent low back pain from recurring once you have achieved full recovery.

### Frequency:

3-4 times per day or about once every 3-4 hours.

### Starting Position:

Sit on the edge of a fixed chair with your feet shoulder width apart. Retract your head and rest your hands on your legs.

### Exercise Description:

Bend forward with your trunk and reach in between your legs to the floor or your ankles with your hands. Keep your knees farther out than your feet, maintain your head retraction, and bend forward as far as pain permits.

Hold this position for 2-3 seconds, then raise yourself back into the starting position. Repeat this movement 5-6 times per session. The exercise can be enhanced by holding onto your ankles and pulling yourself down.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads from your back to leg or farther down your leg), discontinue the exercise.

\*This exercise must always be followed by the Prone Press-up.

### Pictures:

