

Exercise Prescription: Standing Extension

Purpose of Exercise:

This is a self-treatment for low back pain can be used as an alternative when circumstances prevent you from completing the prone extension exercises.

Frequency:

You may complete this exercise as a preventative measure when working in a flexed position.

Starting Position:

Standing with feet shoulder width apart, hands placed on the low back with fingers pointing inward.

Exercise Description:

From the starting position, using your hands as a pivot point, bend backward as far as you can.

Focus on:

- Keeping your shoulders down and back
- Breathing deep into your abdomen

Hold this position for 2-3 seconds, then straighten back into the starting position. Repeat this movement ten times. Try to bend backward progressively farther on each subsequent rep.

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.

Pictures:

