



**sportsinjuryscotland LTD**  
sports injury and rehabilitation specialists

## Back Stretches

### Sports Injury Scotland

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### Abdominal Stretch

Lying face down, place your hands under your shoulders, pushing your body up onto your hands arching your back, maintaining contact to ground with pelvis, you should feel the stretch in abdominals. come onto elbows if straight arm is difficult.



Hold position for 30-45 secs.

### Lower Back Stretch



Kneeling down, place arms out in front and reach forward until you feel a stretch in your lower back.

Maintain good posture and hold the position for 30-45 secs.

### Lower Back (Rotation) Stretch

Lying on your back with one knee bent. Bring your bent knee over the other leg and push your knee towards the floor with the opposite hand, keeping the other arm on the floor. you should feel the stretch in your lower back.



Hold the stretch for 30-45-secs and repeat on both sides.

### Neck (Forward Flexion) Stretch



Sitting with good posture, relax your shoulders. taking your chin towards your chest, you should feel the stretch at the back of your neck

Hold the stretch for 30-45-secs.

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### Neck (Lateral Forward Flexion) Stretch

Sitting with good posture, relax your shoulders, take your chin towards your shoulders, while looking at your knee. you should feel the stretch in the opposite side from where your looking.

Try to maintain good posture. Hold position for 30-45 secs each side



### Neck (Rotation) Stretch



Sitting with good posture, relax your shoulders, turn your head to the opposite shoulder. you should feel the stretch in the neck on opposite side to where your stretching.

Maintain good posture and hold the position for 30-45 secs each side.

### Neck (Side Flexion) Stretch

Sitting with good posture, relax your shoulders, take right ear towards shoulder, feeling the stretch on the left side.

Maintaining good posture and hold position for 30-45 secs each side.



### Upper Back Stretch



Sit or stand, clasp both arms out in front of you, rounding your upper back, you should feel the stretch between your shoulder blades.

Hold the stretch for 30-45-secs.

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