

Department of
PHYSIOTHERAPY

Back Flexibility Exercises



☐ Back Extension in Standing



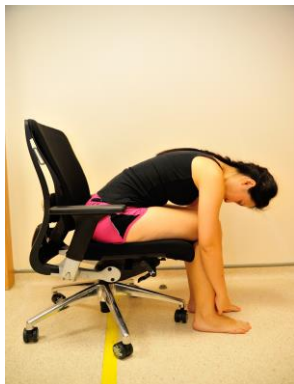
- i. Stand upright with your hands placed over your lower back.
- ii. Bend your upper body backwards.

Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

☐ Flexion in Sitting



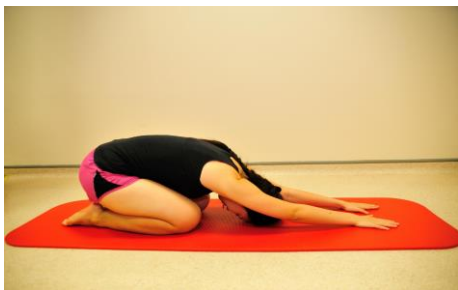
- i. Start from a sitting position.
- ii. Bend your body forward and hug both knees.

Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

☐ Midback Stretch



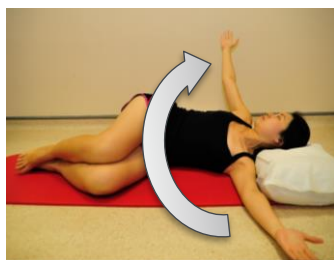
- i. Start from a kneeling position.
- ii. Bend your body forward and down.
- iii. Push your chest towards floor, reaching forward as far as you can.

Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

❑ Open Book in Side Lying



Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

- i. Lie on your side with both arms straight in front of you.
- ii. Move the top hand across your body (as shown in the picture).

❑ Thoracic Extension in Supine



Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

- i. Lie on your back and face upwards. Place a rolled towel under the middle of your back.
- ii. Lift both hands towards the ceiling and above your head as high as you can.

❑ Hamstring Stretch



Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

- i. Lie on your back and face upwards.
- ii. Bend the affected knee towards your chest and hold onto it.
- iii. Straighten your knee until a comfortable stretch is felt in the back of your thigh.

❑ Quadratus Lumborum Stretch



- i. Stand upright.
- ii. Lift your arm over your head and to the side. Reach to the opposite side until a comfortable stretch is felt at the side of your body.

Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

❑ Pelvic Tilts



- i. Lie on your back facing up and bend your knees in.
- ii. Flatten your back by tightening your stomach and buttocks muscles.

Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

❑ Angry Cat Stretch



- i. Start in a kneeling position and place your palms on the floor.
- ii. Tuck your chin in, and arch your back by tightening your stomach until you feel a stretch in your upper back. (Shown in the picture)

Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

❑ Quadriceps Stretch



- i. Hold on to a stable support.
- ii. Pull your heel towards your buttock until a stretch is felt along the front of your thigh.
- iii. Maintain an upright posture.

Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

❑ Piriformis Stretch in Sitting



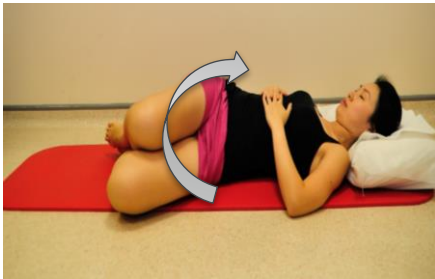
Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

- i. Start from a sitting position.
- ii. Cross the affected leg over your other knee.
- iii. Bend forward at the hips until a comfortable stretch is felt in the buttocks / hip area.

❑ Trunk Rotation



Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

- i. Lie on your back and face upwards; keep your back flat.
- ii. Bend your knees in, and keep your feet together.
- iii. Twist your lower body so that both your knees turn to the left and right.

❑ Single Leg Trunk Rotation



Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

- i. Lie on your back and face upwards; keep your back flat.
- ii. Bend one knee and pull it towards the opposite side.

☐ Back Extension in Prone (Cobra stretch)



Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

- i. Lie on your stomach and face downwards.
- ii. Place your elbows and forearms shoulder-width apart on the floor.
- iii. Gradually lift your upper body towards the ceiling, keeping your hips in contact with the floor.
- iv. Keep your lower back and buttocks relaxed.

☐ Trunk Flexion



Hold ___ second(s).

Do ___ set(s).

Do ___ session(s) a day.

- i. Lie on your back and face upwards.
- ii. Pull both knees towards your chest until you feel a comfortable stretch in your lower back.
- iii. Keep your back relaxed.

Clinic B1C

TTSH Medical Centre, Level B1

Contact:

6357 7000 (Central Hotline),

6889 4242 (Non-Subsidised Appointment)



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