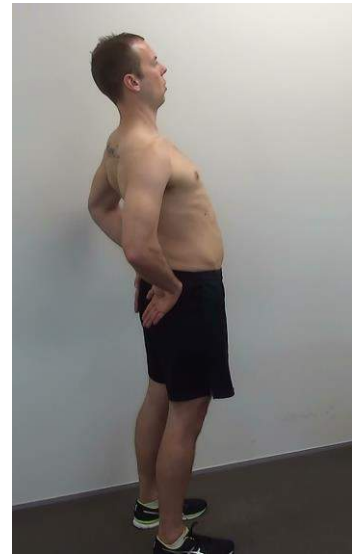


## Standing Back Extension Stretch

### Exercise Purpose:

To gain relief from back pain, particularly flexion-related pain



Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=1926>

### Key Points:

- Stand tall with your feet shoulder width apart, your shoulders relaxed, and your hands on your buttock
- Keeping your hips and knees still, slowly arch backwards
- Breathe out as you are leaning backwards and breathe in as you are coming back upright again
- For pain control you would usually repeat this movement 10-15 times
- Work in a range that you are comfortable

\*If you are performing this stretch because you have back (and leg symptoms coming from your back) then please remember that back symptoms usually have better outcomes than leg symptoms (if they are coming from your back)

\*Stop this stretch if it makes your leg symptoms worse. However if it makes your leg symptoms better and your back symptoms remain the same or get slightly worse then it still maybe appropriate for you

\*Please consult your therapist if you are unsure if this pain control stretch is appropriate for you