

# Back Twist Stretches

Patient Rehabilitation Sheet

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Caution: Please consult your healthcare professional before you attempt these exercises.

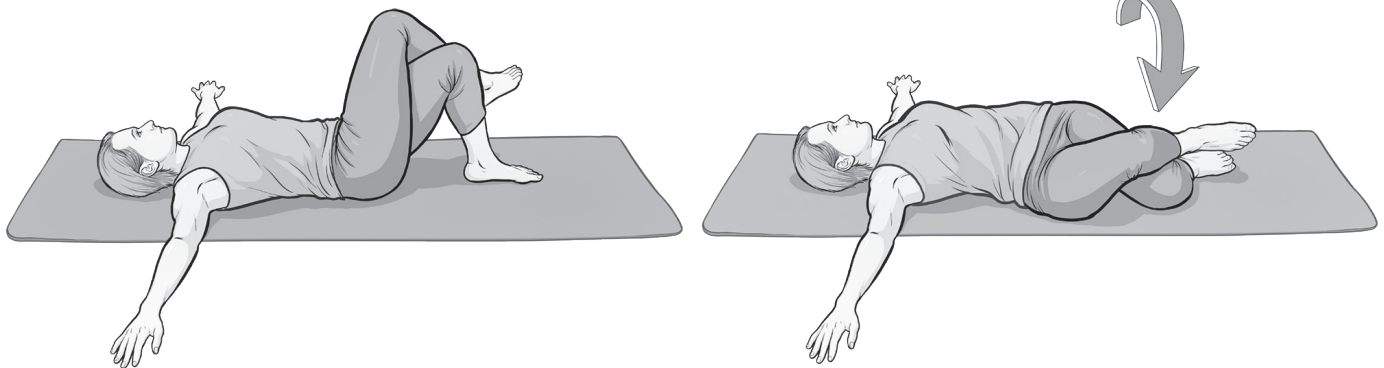
## Back Twist

Perform twice a day

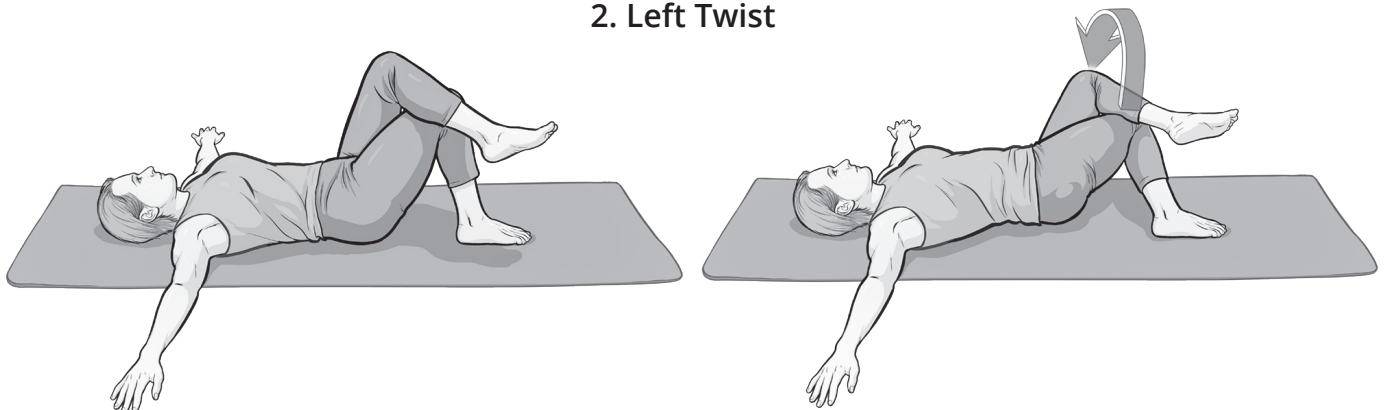
Lie on the floor with your head facing the ceiling, your arms placed in a straight line away from your body, your knees bent and feet flat on the floor.

- 1. Right Twist:** Place your right leg over your left leg. Keeping your head, shoulders and arms in the same position, slowly begin twisting your lower back and pelvis to the right by using your right leg to push down on your left leg. Continue to twist to the maximum comfortable range. Hold this position for 15 to 20 seconds and then straighten your body back to the starting position. Repeat this stretch 2 to 3 times.
- 2. Left Twist:** Perform the stretch on the opposite side by using your left leg on the right leg to twist your spine to the left. Repeat this stretch 2 to 3 times.

### 1. Right Twist



### 2. Left Twist



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# Spine Mobility Exercises

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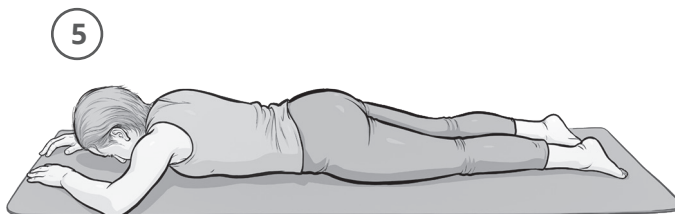
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## Spine Mobility

Perform twice a day

1. Get on all fours with your palms flat on the ground, your legs hip-width apart and your spine straight.
2. Arch your back upwards. Hold this posture for 5 to 10 seconds.
3. Lower your belly towards the floor and hold this posture for 5 to 10 seconds.
4. Push your body backwards to bring your buttocks to your heels. Hold this posture for 5 to 10 seconds.
5. Lie flat on the floor.
6. While resting on your elbows, push your body upwards to arch your back while keeping your hips remaining on the floor. Hold this posture for 5 to 10 seconds. Return to the starting position.



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