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O S T E O P A T H Y

## Advice sheet

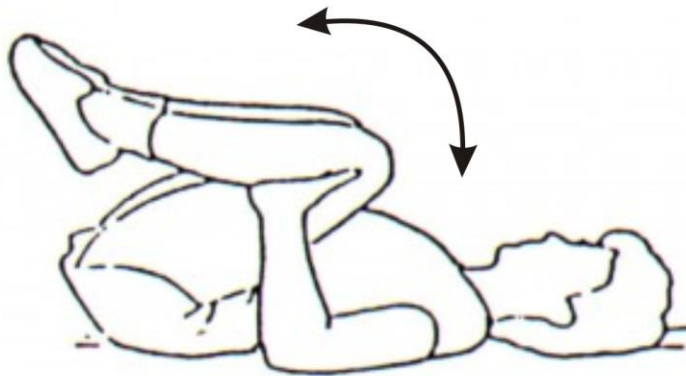
### Lower back exercises

Lumbar flexion – this exercise is given to stretch the muscle tissue, ligament tissue and joints of the lumbar vertebrae and to provide some traction to the facet joints between the vertebrae.

This is best done lying on your back on your bed, before you rise and when you retire.

Draw the knees up to the chest using your arms to pull the knees to the chest, allow the legs to relax out to arms length and repeat this pull and relax motion 15 – 30 times.

The whole process will ideally last 2-3 minutes



2 alternative holds shown - use whichever gives the most comfort

