

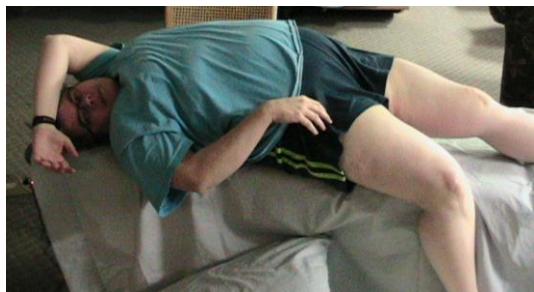
Backward Bending Stretch

Used for pain in sitting or bending forward

Perform 2 times a day and any time you notice pain increasing.

Stay in position for 90 seconds. Do this to each side.

Lay back with shoulders toward the middle of the bed and buttocks near the edge.



1. Drop leg off bed so knee is below hip.
2. Bring shoulders toward hip.
3. Bring ear toward hip.
4. Turn chin/face toward leg off bed.
5. Jut chin toward ceiling arching neck.
6. Lay opposite arm overhead.
7. Stay for 90 seconds.
8. Repeat to opposite side

If you feel worse try not moving as far with leg or upper body.