



Back Mobility Cheatsheet

*Improve Your Back Flexibility and Function - Add
this routine to your daily practice. Good luck*

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AIMS:

1. **Daily practice** - Aim to complete full routine at least once per day. If you prefer break it down into individual exercises but try to do them all every day
2. **Slow it down** - Go at you own speed and range of movement. Work into the stretches and hold the positions for at least 60 seconds but feel free to build up to longer.
3. **No pain** - Don't push through pain but do expect to work through some discomfort. As a guideline don't push through more than a 2 out of 10 level of discomfort & if you have any increase in symptoms after completing the stretches step it back a bit

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General Tips & Advice for a Healthier Back

1. **Be positive and take action** of some kind. Note anything that seems to help or has a positive effect on how you feel and work to develop that
2. **Focus on what is within your control to change** and don't worry or get hung up on the things you cannot do or cannot change
3. Develop simple daily habits and routines that encourage an **increase in regular movement, exercise, and stretching**
4. If you plan on sitting for extended periods plan **micro-breaks of 2-3 minutes at least every 60 minutes** and include some walking and simple stretching movements
5. Try to **find a physical activity or exercise that you enjoy** and doesn't feel like a chore as you are much more likely to perform it regularly and achieve a long term change
6. Consider other lifestyle factors where you can implement simple change - e.g. **drink more water, increase sleep, meditate or practice deep breathing & reduce daily screen time usage**



Exercise 1:

Cat & Camel Stretch

- Begin in all 4s position. **Cat posture** - Allow your spine to soften and hollow along its entire length. Tilt your tailbone gently to the ceiling. Relax your lower back, rib cage, shoulders and neck
- **Camel Posture** - Arch your whole spine slowly and gently to the ceiling in one large 'C' shape. Tuck your tailbone between your legs
- Hold each position for around 10 seconds. Transition from one to the other 6-8 times.



Exercise 2:

Childs Pose to Cobra

- Begin in all 4s position. **Childs pose** - Gently sit bottom back towards heels as far as is comfortable opening knees and hips softly and as required
- **Cobra Pose** - Allow weight to come forward and lower hips gently to floor. Stay relaxed in hips and lower back and if required bend elbows slightly so that hips can rest in contact with floor.
- Hold each position for around 10 seconds. Transition from one to the other 6-8 times



Exercise 3:

Childs Pose Side Bend

- Begin in **Childs Pose** - Walk your hands around to one side into **side bend** aiming for at least a 45 degree angle, you should feel a good stretch down your side. Hold 20-30 seconds.
- Walk hands around in same way to other side and again hold 20-30 seconds in **side bend**.
- Repeat 2-3 times on each side



Exercise 4:

Lunge Hip Flexor Opener

- Begin in **Lunge position**. Gently engage your lower tummy muscles and tuck your pelvis in. Aim to feel a stretch in the front of your hip and top of thigh
- Gently engage your buttock muscles and lean slightly forward taking care not to arch your lower back
- Hold the position 30-60 seconds. Repeat 1-2 times left and right



Exercise 5:(Part 1)

Lunge Hip Opener with Alternate Arm Rotations

- From Lunge position reach hands forward and rest on floor beside front foot. Take outside arm and reach under and between legs **'threading the needle'** holding for a few seconds
- With the same arm rotate outward and upward toward ceiling trying to get arm to a **straight vertical position**, hold for a few seconds then return to **'thread the needle'**
- Repeat this 10 times



Exercise 5:(Part 2)

Lunge Hip Opener with Alternate Arm Rotations

- After completing Part 1 of this series stay in the same position but **extend out your back leg** as far as is comfortable
- Take inside arm now and rotate upward to the ceiling trying to achieve the **straight arm vertical position**, Hold for a few seconds
- Bring the same arm down and with bent elbow **drive your elbow towards the floor** down the inside of your shin. Hold for a few seconds then rotate back to the vertical arm position
- Repeat this 10 times



Exercise 6:

A-Frame Walk to Squat

- From the all 4s position **drive your hips into the air with straight knees** and gently lower your heels towards the floor into the **A-Frame** (it does not matter if you can't fully extend knees or reach the floor with your heels). Hold for 10 seconds feeling stretch in back of legs
- Keeping hands on floor slowly **walk feet in** towards hands and slowly sit down into a **squat**, hold for 10 seconds
- **Walk back to A-Frame** position and hold for another 10 seconds
- Repeat 4-6 times

