

Back Spasm Stretches

Good for:

- Increasing flexibility
- Decreasing muscular stiffness and tension
- Assisting with relaxation

1) Forward roll

Technique:

- Sit upright and lengthen your spine.
- Roll your upper body forwards and pull on your ankles until you experience a stretch in your back that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Repeat stretch 3 - 4 times.

For best results:

- Repeat this routine on a regular basis during the day.
- Perform stretch routine 3 - 4 times a week.
- Combine these stretches with our Neck Spasm Exercise routine.

Avoid doing if:

This stretch aggravates or causes pain.



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2) Sideways reach

Technique:

- Sit upright and raise one arm upwards into the air.
- Lean over sideways until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- **Repeat stretch 3 - 4 times.**
- Change arms and repeat stretch on other side.

Avoid doing if:

This stretch aggravates or causes pain.



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3) Spine rotation

Technique:

- Sit upright and place one hand on opposite knee.
- Place your other hand behind your back.
- Rotate your upper body whilst simultaneously pushing against your knee until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- Repeat stretch 3 - 4 times.
- Change hands and repeat stretch on opposite side.

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4) Gluteal stretch

Technique:

- Sit upright and place your ankle on your knee.
- Push your knee downwards until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- **Repeat stretch 3 - 4 times.**
- Change hands and legs and repeat stretch on opposite side.

Avoid doing if:

This stretch aggravates or causes pain.



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5) Quadriceps stretch

Technique:

- Stand upright and hold onto the back of a chair, a desk or door handle.
- Bend your leg backwards towards your buttock whilst holding your ankle with the opposite hand.
- Pull your foot upwards whilst keeping your knees together until you experience a stretch that is not causing too much discomfort.
- Inhale and hold that position for as long as what you can comfortably sustain.
- Exhale and return to starting position.
- **Repeat stretch 3 - 4 times.**
- Change hands and legs and repeat stretch on opposite side.

Avoid doing if:

This stretch aggravates or causes pain.

