

## Roll Backs (Rowing)

**Starting Position:** sitting with your legs out in front of you, keeping the knees slightly bent. Try to sit up tall on the bones in your backside. Point your arms out in front of you.

**Action:** tilt your pelvis back and curl your back, as if to drop back off the bones in your backside. Roll back up to the start position, then continue reaching through until your hands are above your toes. Slowly return to the start position.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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