

Extension in Standing

The exercise dad always does when he gets out of the car! Everyone does it without thinking, that's because it works. This is great when you've been sitting or bending forward for too long and you can feel your back stiffening up.

Starting position: Standing with your legs straight and feet shoulder width apart. Place your hands on your hips.

Action: Gently arch back as far as is comfortable, keeping the knees straight and hold 5 seconds. Repeat 10 times.



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.

Other Branches

Butterfield PhysioCare
1A Butterfield Avenue
Rathfarnham
Dublin 14
tel: 4935522
fax: 4938224
email: butterfield@physio.ie
web: www.physio.ie

Dundalk PhysioCare
10B Roden Place
Dundalk
Co Louth
tel: 042 9320932
email: dundalk@physio.ie
web: www.physio.ie