

'Child's Pose'

This is a modified yoga exercise which can be very relaxing if you have a stiff and sore lower back. It works well after doing the extension in lying exercise.

Starting position: Start on all fours with the hands slightly wider apart than the shoulders and knees slightly wider than the hips. Keep the spine straight.

Action: Gently rock your buttocks back towards your heels until you feel a gentle stretch in your lower back.
Hold 20 seconds.



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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