

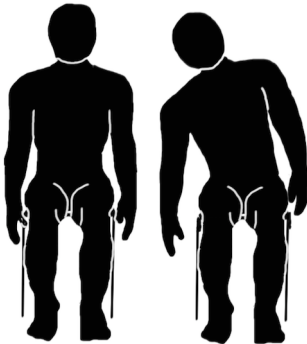
Seated Back Mobility

Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

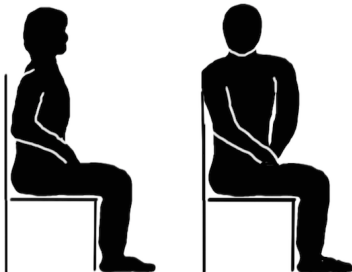
To check the suitability of the exercises contact us at SSI.

Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSI.

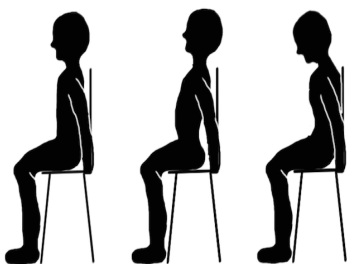
Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.



- 1) - Start in an upright position with your arms by your sides.
 - Ensure you do not allow your hips to lift during the movement.
 - Slowly tip your shoulders and torso to the side, allowing the arm on that side to slide down the chair towards the floor.
 - Move as far as possible without pain.
 - Briefly pause here then slowly return to the start position and repeat to the other side. This counts as 2 reps.
 - Complete around 30-40 reps.



- 2) - Start in an upright seated position.
 - Ensure you keep your hips still within the chair at all times.
 - Slowly rotate your torso and shoulders as far as possible without pain.
 - Briefly pause here then slowly return to the start position and repeat to the other side. This counts as 2 reps.
 - Complete around 30-40 reps.



- 3) - Sitting in a chair place the hands behind you for support. This will allow you to take your weight off your back by bracing with the arms if needed.
 - Start with the body in an upright position and low back in neutral.
 - Slowly proud the chest and arch the lower back as far as possible within a pain free range of motion.
 - Once you reach your maximum range of pain free motion pause here for 1-2 seconds then slowly return to the neutral start position.
 - As a continuous action move through the neutral start point into a slumped position, ensuring you remain within a pain free range of motion.
 - Pause at the maximum range of pain free motion for 1-2 seconds then slowly lift back to the neutral start point. This counts as one rep.
 - Complete 20-30 reps.
 - There should be very little sensation when performing this exercise. You may have a light pull into the low back.