

Exercise 3: Extension in lying

- remain lying, face down (Photo 38), and then place your hands under your shoulders in the propped-up position (Photo 39). Now you are ready to begin Exercise 3.
- as you straighten your elbows, push the top half of your body up as far as pain permits (Photo 40). It is important that you completely relax the pelvis, hips and legs as you do this, and remember to keep breathing normally.
- keep your pelvis, hips and legs hanging limp and allow your low back to sag.
- maintain this position for a second or two, then lower yourself to the starting position.
- repeat this movement cycle in a smooth, rhythmic motion and try to raise your upper body a little higher each time, so that in the end your back is extended as much as possible, with your arms as straight as possible (Photo 41).
- once your arms are straight, remember to hold the sag for a second or two as this is the most important part of the exercise. A more effective sag can be achieved by breathing all the way out while relaxing your low back, hips and legs. The sag may be maintained for longer than one or two seconds if you feel the pain is reducing or controlling.

This is the most useful and effective flexion procedure in the treatment of acute low back pain (see page 112, Emergency First Page). The exercise can also be used to treat stiffness of the low back, and to prevent low back pain from recurring once you are fully recovered.



Photo 38



Photo 39



Photo 40



Photo 41

Treat Your Own Back 9th Ed 802 9

**George DUNBAR (Professor of Greek in
the University of Edinburgh.)**

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