

Personal exercise program

Dental back exs - standing

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Provided for



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Back Extension in Standing

Stand and place your palms above your buttocks on your lower back.

Open your chest, straighten your hips and bend your body backwards.
Return to the starting position.

Repeat 5 times.



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Active Trunk Flexion/Extension

On your hands and knees, hands under your shoulders and knees under your hips.

Round and arch your back by tilting your pelvis backwards and forwards.

Repeat 5 times.



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Lying face down with both your hands at shoulder height.

Straighten your elbows and lift your upper trunk as far up as you can. Keep your pelvis and legs relaxed.

Repeat 5 times.



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Crawling position.

Lift opposite arm and leg to horizontal position. Hold 5 - 10 secs. Try to keep your body still.

Repeat 5 times.

Back Extension



Lie on your stomach with your arms straight and in an overhead position.

Lift your legs and arms. In a controlled manner, return to the starting position.



Repeat 5 times.

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DO NOT DO IF YOU ALREADY HAVE ANY BACK PROBLEMS
