



# BACK EXTENSION EXERCISE

1. Do chin tuck.
2. Pull shoulders back and down.
3. Place hands on hips or against lower back as you extend.
4. Push pelvis and low back forward.
5. Don't tip your head back.
6. Hold 2 seconds, do 10 reps.
7. Repeat before and after sitting, heavy lifting or bending.
8. Start slow. Stop if you get increased leg pain.

