

# Lower back - mobilisation exercises - sheet 1



## Exercise 1 - Low back twist

1. lying on your back bring your knees up and place your feet flat on the ground, as in picture No.1.
2. From here gently drop the knees over to the left side, making sure the opposite (right) shoulder is kept flat on the floor. It is okay to let your hips roll, so the right hip is off the floor. See picture No.2
3. **(optional)** from this position, slide the top foot (right) up the inside of the left leg until it is resting on the inside of the left knee, as in picture No.3
4. To come out of this exercise reverse the steps you have just done, until your knees are back to the start position (picture No.1)
5. Make sure you twist to both sides, so do this exercise again but twisting to the right side.