

Personal exercise program

Back Exercises

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Total-Therapy KDM

Provided by Kim Morris

Diaphragmatic Breathing

Lie on your back, with your hand on your stomach.



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Breathe in towards your hand so that your belly rounds like a balloon. Breathe out so that 'the balloon deflates'.

Note: Focus on breathing 'into your stomach' instead of upper chest.

Repeat 3 times in preparation of the exercise.

Trunk Rotation Stretch

Lie on your back with your arms out to the side.



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Bend one leg and take it over the other leg. Keep your shoulders on the floor, but let your trunk rotate. Hold the knee with one hand to add a little more stretch. Hold the stretch while breathing smoothly. Then relax.

Hold for 15 seconds.

Lying on your back with your arms in a T-position and knees bent towards the ceiling.



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Slowly roll both your legs from side to side without touching the floor.

Repeat 5 times to each side.

Sit on a chair.



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Take hold of the back of a chair. Look over your shoulder while turning your upper body.

Hold 5 seconds.

Repeat 3 - 5 times either side.



1. Sit with feet on floor and hands behind back as shown
2. Allow trunk to slump (slouch with poor posture)
3. Bend neck forward until you feel a stretch
4. Straighten Left/Right knee as shown until you feel a stretch
5. Hold 3 - 5 seconds
6. 3-5 repetitions on the affected side.