

Standing Back Exercises

Safety notice: When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

1. Standing back twists



This exercise helps stretch the joints and soft tissue in the spine. Start by standing with a wide base of support, ensuring you are on a non-slippery surface. Cross your arms lightly in front of you. Gently twist your upper body around to the left side as far as comfortable, hold this position momentarily, then twist your upper body around towards the right. Repeat this exercise ten times in each direction aiming to slowly increase the range of movement as you go. Ensure the movement is slow and controlled throughout. Allow the head to move with the upper body and allow the legs to turn slightly as feels natural. Keep the feet stationary throughout the exercise. This stretch can be felt anywhere along the spine and hip region, but most commonly in the mid to lower back.

2. Back arches



This exercise helps increase back flexibility. Stand upright with your hands on your hips. Gently arch your back as far as comfortable. Hold momentarily and return to starting position. Repeat this 5 times.

3. Standing back stabilisers



This exercise promotes core stability in the back. Place your hands on a wall at shoulder width apart. Tense your abdominal and back muscles. Slowly do 10 pushups, maintaining a stable spine. Progress by moving your feet further from the wall.