

Hyperextension exercise for the lumbar spine



Lying face down, raise the shoulders off the ground and support your upper body on your elbows, keeping the pelvis flat on the floor. Hold this position for 1 minute. This exercise can help reduce pressure with prolapsed discs but **must not be done if any leg or thigh is aggravated by holding this position.**



If the above position cannot be performed without increasing the leg or thigh pain the above position may be helpful. Lie on the floor with the hips and knees bent to 90° and resting on a chair. This is purely for pain relief and can be used as much as required.