

MUNGER

PHYSICAL THERAPY

Extension in Standing

- Stand upright with your feet slightly apart, place your hands in the small of your back with the fingertips pointing backwards so they meet in the center of your spine (Photos 41 and 42).
- Bend your trunk backward at the waist as far as you can, using your hands and fingers as a pivot point (Photo 43 and 44). It is important that you keep the knees straight as you do this .



Photo 41



Photo 42



Photo 43



Photo 44

- Maintain this position for a second or two, and then return to the starting position.
- Repeat this movement cycle, and try to bend backward a little further each time so that in the end you have reached the maximum possible degree of extension.

McKenzie, Robin. *Treat Your Own Back*. Waikanae, N.Z.: Spinal Publications, 2011. Print.

Reps _____

Sets _____

Day _____