

# STRETCH AND STRENGTHEN



This is arguably one of the best exercises you can do to relieve lower back pain and improve your core strength. You can do this exercise before getting out of bed in the mornings.



- 1.** Lie flat on your back with your arms by your side. Press your lower back into the floor or bed.

- 2.** Clench your buttocks and push your hips toward the ceiling.



- 3.** Hold this position for a count of five and then gently roll your spine back down one vertebrae at a time until your lower back is back on the ground or bed.

- 4.** Repeat this exercise 10 times. Make sure your movements are smooth and controlled.

