



Family Health
CHIROPRACTIC

Back Extension Progressions

How to Improve Back Extension
Flexibility & Mobility

Illustrated Guide



1. Prone Lying Position



The first progression or easiest position to get into for low back pain is going to be the prone (laying face down) position.

This exercise simply consists of lying flat on your stomach. If you're having acute, or sudden back pain, then this is the position I would advise to start with.

To do the exercise, lie on your stomach, placing hands next to your underarms and relax. Try to focus on breathing, slowly, in and out and allowing your stomach to completely relax.

After a few minutes of prone lying, attempt to move on to the second progression, which is propping yourself up on your elbows.

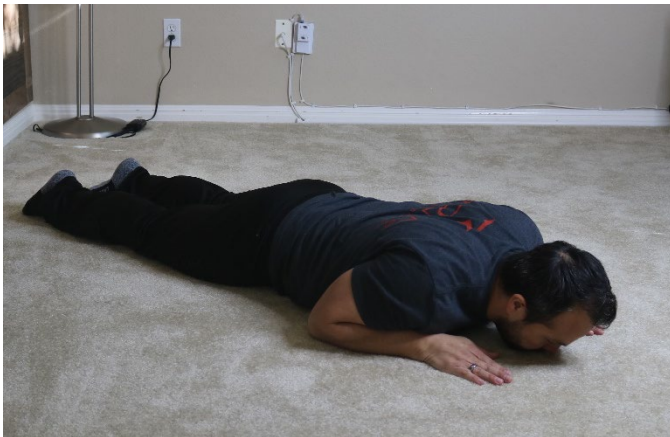
If your pain prevents you from propping on your elbows, continue the prone lying position for a day or two, and try again.

Remember to breathe deeply, relax completely and focus on letting your body relax.

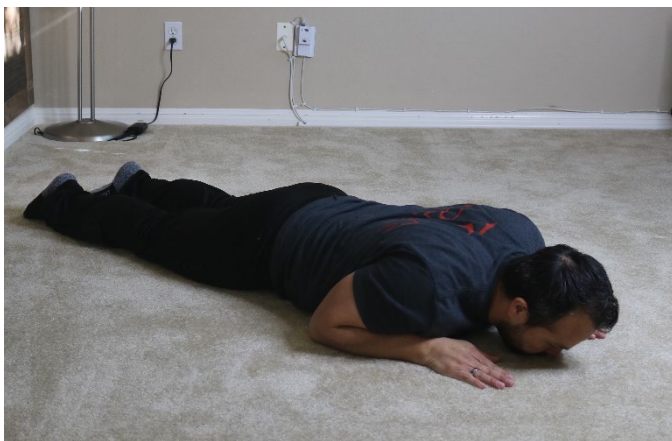
2. Prone Elbow Position



2. Halfway Prone Press Up Position



3. Full Prone Position (Back Extension Exercise)



10. Full Prone Modification Starting Position



11. Full Prone Modification Starting Position



Now Go Do It!



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