



Standing Back Extension

Virginia Mason Physical Therapy

- Stand with feet comfortably apart and hands placed against the back of the pelvis
- Arch backward only as far as comfortable while supporting low back with hands
Keep head in line with body, not tipped back
- This should be done following prolonged sitting or stooping
- Repeat five times
- Perform this exercise two times daily

Watch this video at [VirginiaMason.org/SpineExercises](https://www.virginiamason.org/SpineExercises)