



Back Mobility Exercises (Lying)

For these exercises, lie on your back on an exercise mat or a bed. The exercises should be comfortable and gentle, so stop if you feel any pain or discomfort during or afterwards. You can gradually build up the number of repetitions for each exercise over time.

Knee Rolling

1. Gently bend your knees and place your feet on the mat/bed
2. Keeping your knees together and feet together, gently relax your knees over to the right side to create a rotation through your hips
3. Only go as far as comfortable, you can place a cushion under your knees to support them for two breaths
4. Bring your knees back to the centre, then repeat to the left

Repeat 3 times each side in total, up to 2 times daily.

Single Knee Hugs

1. Bend both your knees and place your feet on the mat/bed
2. Gently raise your right knee towards your chest
3. Use your hands on your right knee or behind your right thigh to gently hug your knee towards your chest
4. Hold for up to three breaths
5. Relax your leg back down and repeat on the opposite side

Repeat 3 times each side in total, up to 2 times daily.

Advanced: If the single knee hugs are comfortable, progress to hugging both knees at the same time.