

## Back Exercises: Side Bend Stretch



To start, sit in a chair with your feet flat on the floor. Shift your weight slightly forward to avoid rounding your back. Relax. Keep your ears, shoulders, and hips aligned. Or you can start in a standing position (not shown) with your arms by your side and your feet shoulder-width apart. Next:

- Stretch your right arm overhead. Or you can lift both arms over your head and clasp your hands, pulling your shoulders gently back.
- Slowly bend to the left. Don't twist your torso. Stay within your pain limits.
- Hold for 20 seconds. Return to starting position.
- Repeat 2 to 5 times. Then switch to the other side.



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