

# Extension Lying Prone

Lie face down in a resting position. Relax and take a few deep breaths to release the tension in the lower back. Hold this position a few seconds until comfortable.



Slide your forearms forward until your elbows are perpendicular to the floor. Then slowly raise your upper body as far as you can without increasing your pain. Hold this position for at least thirty seconds. This exercise should be performed only as many times as indicated by your doctor.



**NOTE:** *This exercise is designed to stretch abdomen and hip flexors.*