

# Standing Extension Exercise

1. Stand with feet slightly apart. Place your hands in the small of your back with your fingers resting comfortably on your hips.

2. Bend your body backward at the waist as far as you can, using your hands to help you extend.

3. Hold for five seconds and return slowly to the starting position. It is important that you keep your knees straight. Each time you repeat this exercise, try to bend backward a little further. This will often help in relieving acute back pain.

The standing extension is not quite as effective as the Lying Extension Exercise (21), but can be used when you are unable to lie down. The standing extension exercise is excellent to do when you have been in a forward position, as a stretching exercise. Do as many sets or repetitions as recommended by your doctor.

