





ABDOMINAL STRETCHING EXERCISES

Physiotherapist

	<p>Lying on your belly with your body stretched. Press the palms of your hands against the floor and stretch your arms, arching your back.</p> <p>Contract the muscles of the buttocks while arching your back in order to protect the lumbar area.</p>
	<p>Kneeling down with the points of your feet backwards. Arch your back and grab your feet by the ankles.</p> <p>Push your loins forwards.</p>
	<p>Standing up with your legs open wide.</p> <p>Put your hands in the lumbar area. Let the hands slide downwards, arching your back and bending your head backwards.</p>
	<p>Lying on your belly, bend both knees. Grab your ankles.</p> <p>Lift your chest and knees of the floor.</p>