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Ασκήσεις Ελαστικότητας και Αύξησης της Τροχιάς Κίνησης της Οσφύος

Low Back Flexibility and ROM

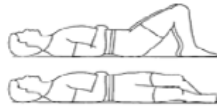
Complete ___ sets of ___ repetitions ___ times a day.



*Lie face down, elbows bent, hands beside face.
*Push up to elbows, keeping hips on mat.



*Lie face down, elbows bent, hands beside face.
*Push up on hands, straighten elbows, keeping hips on mat.



*Keeping knees together rotate knees to side as far as comfortable.
*Move back to middle and repeat on opposite side.



*Lie on back, bringing knee up to chest.
*Keeping hand under knee.
*Alternate leg after each repetition.



*Lie on back, bringing both knees up to chest.
*Keeping hands under knees.



*Lie on back holding knee from behind, pulling toward chest as shown.
*Gently straighten leg.



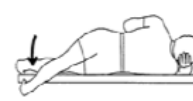
*Sit on firm surface with legs straight out in front.
*Slowly bend forward at hips, reaching for toes.



*Lie on back, involved knee bent, ankle across opposite leg.
*Grasp knee and pull thigh inward while moving to the involved side knee inward.



*Lift involved leg to chest and grasp knee with opposite hand.
*Grasp lower calf with other hand, gently pulling across chest and rotating leg inward.



*Lie on uninvolved side.
*Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer side of thigh.



*Lie on back knees bent.
*Move involved side ankle over opposite knee.
*Gently lift uninvolved side knee up to chest.



*Stand next to wall, about a foot away, involved leg toward wall.
*Cross over the uninvolved leg in front, and lean into wall, as shown.



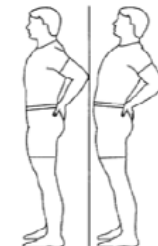
*Stand on firm surface with one leg out in front.
*Slowly lean forward, trying to touch toes.



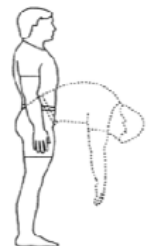
*Stand with heel propped on low table, knee straight, as shown.
*Gently and slowly lean forward at waist.



*Stand on uninvolved leg, using table or chair for balance.
*Bend involved knee and grasping with hand, pull gently upward.



*Stand with feet shoulder distance apart.
*Place hands on hips as shown, arching backward.



*Stand with arms at side.
*Slowly bend head forward, then mid back, continuing to low back, as shown.