

Aktion Gesunder Rücken e. V.

Simple back exercises for everyday use

Stretching exercises:

Simple stretching exercises are a good idea for getting started and warming up. They relax the muscles and keep them flexible.



AGR
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Exercise 1:

Stretches the shoulders

Grasp the wrist of one hand with your other hand and pull your arm over your head to the other side. Hold the tension for approx. 10 seconds and repeat the exercise with the other arm.



Exercise 2:

Stretches the muscles of your upper arm

Stretch one arm vertically upwards and bend your elbow as far as possible behind your head. Then pull your elbow with the other hand towards the opposite shoulder. Hold the tension for approx. 10 seconds and then change arms.



Exercise 3:

Stretches the arm muscles

Stretch your right arm forwards with the palm facing downwards. Then grasp the fingers and wrist of your right hand with your left hand and pull it towards your body. Hold the tension for about 10 seconds and then repeat the exercise with your left arm.



Exercise 4:

Stretches the neck muscles

Stretch your cervical spine and turn your head to the right. Now slowly sway your chin in a semicircle across your chest to the left. Repeat the movement about 10 times.