

Exercise for standing activities 3: Relaxation of lower back



In a standing position; place your feet hip width apart. Move your pelvis slowly clockwise and anticlockwise. Repeat on each side 10-15 times in each direction.

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Find more exercises at www.bewegt.li/exercises

The exercises were provided by Mr Dieter Beh from the Überruh Rehabilitation Clinic in Isny, Allgäu, Germany.





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