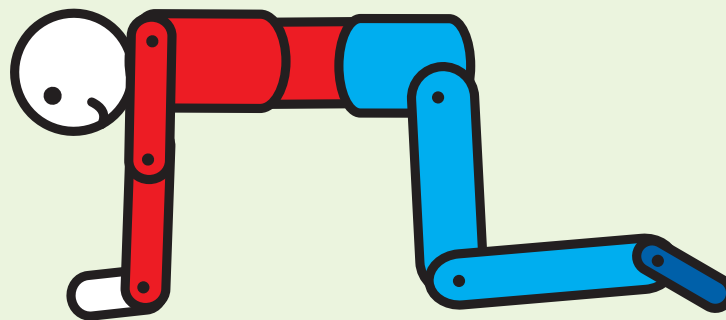


Exercise 18

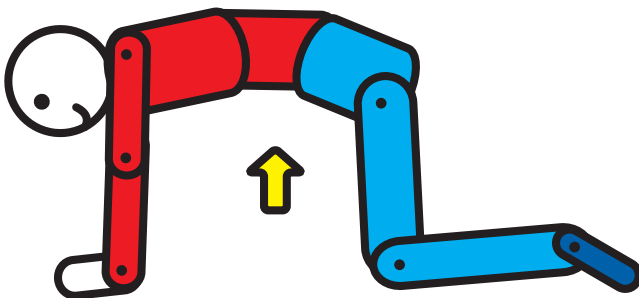
Hump and hollow

Starting position: Kneeling on all fours, weight evenly distributed



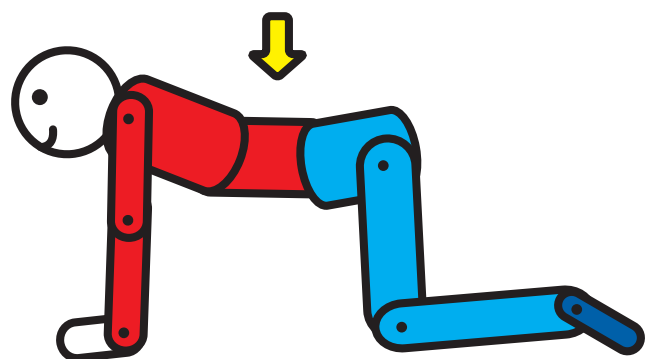
Step one

Hump and hollow your back.



Step two

As you hump up, lower your head and as you hollow, lift your head up to look ahead of you. Repeat 3-5 times.



Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

If you have problems/concerns, talk to a physiotherapist.