



# Spinal Flexibility (Seated)

## What is the class for?

This class is designed to improve your spinal flexibility.

The exercises are all done in a seated position. It is a useful class for anyone who has difficulties exercising in standing, or getting on and off the floor.

Only complete these exercises if you have been instructed to do so by your Physiotherapist or GP.

Some discomfort is normal with these exercises but try to avoid pushing into pain.

If you have persistent increased pain, please stop all exercises and contact your medical practitioner.

## What do I need?

A sturdy and supportive chair, such as a dining chair.

Water close by if you need it.



URL: [https://www.youtube.com/watch?v=t\\_In2kQfD1k](https://www.youtube.com/watch?v=t_In2kQfD1k)

