

Lower Back Motion

Can you bend in the forward without pain?

Bending forward is something that you should be able to do without pain. Normal amount of spine flexion is 60 degrees. Loss of low back range of motion is an early indicator of developing osteoarthritis. If there is pain it could be a sign of disc degeneration or other issues. Repeatedly bending forward with a flex spine seems to be good but could actually cause damage. It is best to hinge at the waist and keep the back in neutral whenever lifting an object. I also do not recommend toe touch stretch. **If you bend forward with pain and you have weakness you could have a flexion intolerant back. .**



Solving problems before they happen.



Do You, Can
You



Can you lean back more than 20 degrees without pain?

Bending backwards is something that you should be able to do without pain. Normal amount of extension is 20-30 degrees. Loss of low back range of motion is an early indicator of developing osteoarthritis. **Do you have restricted range of motion? If you do the wellness team can help you design a program.**

Solving problems before they happen.