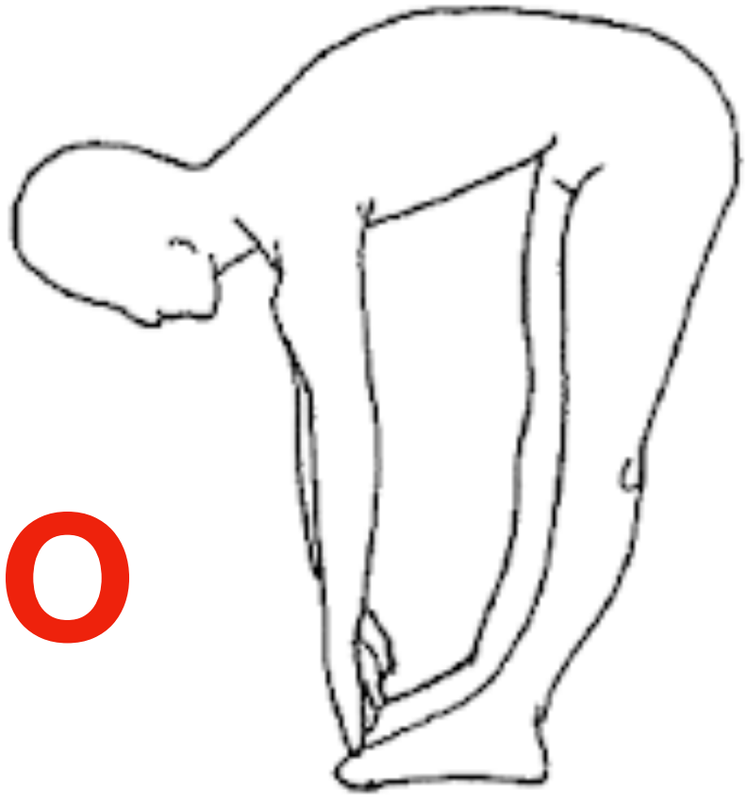
Full spinal flexion is a common stretch. I would not recommend this stretch for most people.



NO

Full standing spinal flexion

Know Your Joints
Muscle and Joint Care
Suggestions

DETAILS: Full standing spinal flexion is a very common exercise. Many Yoga students perform this stretch regularly. Although it feels good while you are doing it the stretch places a lot of stress on your spinal discs. The reason why it feels good and even makes people with low back pain feel better for a short period of time is because of a nerve reflex which causes inhibition of the musculature. When the inhibition goes away the pain comes back. What can happen also is the discs can get damaged or even bulge when in this position. There is not real benefit to this stretch and there are other stretches that do a better job. Believe it or not when discussing low back disorders greater spine mobility has been associated with low back trouble in many cases (e.g., Biering-Soreensen, 1984) and there have been other studies showing that low back issues may develop from some Yoga practices. So I would avoid this stretch and stretches in a similar position that involves twisting.