

WALL SIT EXERCISE FOR LBP



1. Sit against a wall with your legs straight out in front of you.
 - Your buttocks and upper back should be against the wall the entire time.
2. Squeeze your shoulder blades together and hold. Put your hands on your thighs palms up.
 - Do not lift the shoulders; only squeeze them back and down.
3. Tighten the thighs and flex the feet back so that your toes are pointing back toward you.
 - Concentrate on pulling your feet back evenly. Keep your toes pointed up.
4. You should keep your blades pulled together, your thighs tight and your feet flexed back.
 - Don't work one side harder than the other, try keeping your body bilateral.
5. Hold for 3 to 6 minutes.