

## <u>Unstable and Weak Low Back - Strengthening and Stabilising Exercises 2</u>

## **The Cross Raise**



Fig 1

You can progress from the Brace to the Cross Raise. Raise opposite arm and leg whilst at the same time concentrating on maintaining the spinal brace. **Do not** twist as shown in the fig 2 below.

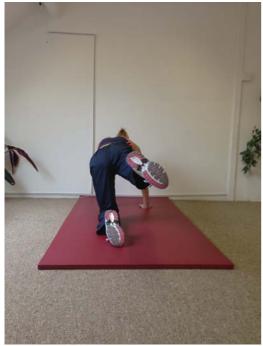


Fig 2