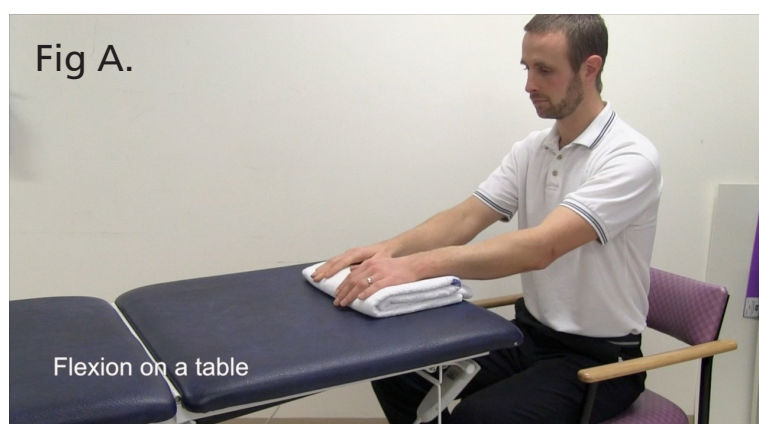


Flexion on a table

Sit at a table and place both hands onto a towel (Fig A).



Leaning forward, allow the towel to slide forward as far as possible (Fig B).

Slowly return back to the starting position.

Repeat as directed by your physiotherapist.

For a video demonstration of this exercise please press **'Ctrl'** and click **HERE**



Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.