

Exercise plan:
Back exercises website

Patient:
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Lumbar Rotation

Lie on a bed or a floor. Bend your knees and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

Hold for 10 | Repeat 10 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/UxORTXzuU9E>



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Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.

Hold for 10 | Repeat 10 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/lka-1VKjrew>



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Pelvic Tilt Lying

Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/44D6Xc2Fkek>

Supine Bridge Basic



Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Repeat 10 times | Perform 3 times daily

Video: http://youtu.be/fK_xUE3OKIE

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Sitting Forward Hang



Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

Hold for 10 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/GrWP8fLx0-g>

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Lumbar and Thoracic Side Flexion Sitting



Sitting with good upright posture, run your arm down the side of the chair leg by side-bending your spine. Repeat to the other side. This is a good mobility exercise for the upper and lower back while sat down, if you feel your back is starting to get stiff.

Repeat 10 times | Perform 3 times daily | Perform both sides

Video: <http://youtu.be/Rze6cxfJpOQ>

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