

Exercise plan:
Back Exercises Moderate

Patient:
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Date:
30th Apr 2020



Supine Lumbar Twist Stretch

Lying flat on your back, cross one leg over the other by twisting your hips and spine. Keep your opposite arm outstretched. You can hold on to your knee to make the stretch stronger if you feel comfortable.

Hold for 10 | Repeat 15 times | Perform 3 times daily

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



Double Leg Back Stretch

Lie flat on your back, and bend your knees 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 repeat as necessary.

Hold for 10 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/ZEz80zvkJv4>



Toe Touch

Keeping your legs straight, run your hands down the front of your thighs and touch your toes (or go down as far as feels comfortable). Hold the stretch as required, and then come up. This will increase the mobility in your spine, and also stretch your Hamstrings.

Hold for Slowly | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/dkblfX4DW0>



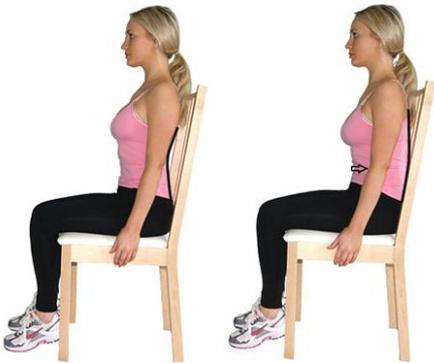
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Cat Camel Stretch

Start in a neutral four point position on your hands and knees. Round your back from an arched position as you pull in your abdominal muscles. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable, unless your therapist guides you otherwise. After you have rounded your back, form an arch with your lower back. Repeat the movement to the required number of repetitions. This is a good exercise to stretch your back and reduce back pain.

Hold for 5 | Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/Wq2AChekwwU>



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Pelvic Tilt Sitting

Sit down with good posture. Draw your belly button inwards (towards the back of the chair slightly) and tilt your pelvis backwards (i.e. flatten your spine against the chair). Return to the start position (arching your back - known as a lumbar Hyperlordosis). This exercise strengthens the deep abdominal muscles and improves core control.

Hold for 5 | Repeat 15 times | Perform 3 times daily

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



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Standing Extension

Standing up with good posture, extend your back by arching your spine backwards. You can place your hands in the small of your back for support if you require. Start gently, and keep the exercise within your comfort zone. Make sure the movement is coming from your back and not by bending your knees forward

Hold for 3 | Repeat 15 times | Perform 3 times daily

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