

EXERCISES FOR THE LUMBAR SPINE

Do all exercises as far as pain allows. Start with exercises 1-3 for the 1st week
Then add in the rest of the exercises one at a time. Repeat 3 times daily.

Starting position for exercises 1- 5:

Lie on your back, with your knees bent up and feet flat on the floor/ bed.

- 1) Place hands on ribs. Drop the knees together, gently and with control, from side to side, try to keep the stomach pulled gently in throughout the exercise. Only drop the knees half way.
Repeat x 10.
- 2) Pelvic tilt. Place hands under back.
Pull stomach in, flatten the back against your hands and slightly roll the buttocks up. Slowly roll the spine back down, releasing the pressure off your hands.
Repeat x 10.
- 3) Bend alternate knees up towards the chest, using your hands to help. Return to starting position.
Repeat x 5 each side.
- 4) Repeat exercise 3) but bend both knees up together, return to starting position.
Repeat x 5.
- 5) Abdominals - Place your hands behind your head, elbows out.
Lift the head and shoulders up, whilst still looking at the ceiling.
Aim to flatten the back into the floor/bed and round the ribs towards the pelvis.
Hold for 5 seconds x 10.
To progress this do a pelvic tilt first and then lift the head & shoulders.
- 6) Hamstring stretch - Lie on your back with both legs straight.
Bend one knee up and place your hands behind the thigh.
Now straighten the knee until you feel a pull in the back of the thigh or knee.
Hold for 10 seconds x 5 each leg.
- 7) Lie on your front, with a pillow under your stomach if more comfortable.
Place your hands under your shoulders as if doing a push up.
Keep your legs relaxed, and your hips on the floor/bed.
Push your upper body up ,using your arms and thus arching the low back.
Relax down.
Repeat x 10.
- 8) Same position as 7). Arms by your sides. 1st practice gently pulling the stomach in without arching the back . Then pull the stomach gently in and lift the head and shoulders up off the floor /bed, do not arch the neck.
Try to stretch your hands towards your feet as you lift, then relax.
Repeat x 10.