Personal exercise program

Spinal mobilisation

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The following is a selection of stretches designed to improve movement and reduce pain in the lower lumbar spine. Use what works best for you. At first you might not be able to perform them all, but in time they should all be possible.

Knees to Sides

Lie on your back with knees bent.

In a controlled manner move your knees from side to side. Go only as far as you can without moving your shoulders or letting your back arch.

Repeat ___12___ times. 6 left and right sides. 1-2 sets. Am/Pm.

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Lower Back Stretch

Lie on your back, with your legs bent. Grasp your knees, pull them closer to your chest and let your lower back round.

Hold this position for a moment, while breathing smoothly.

Hold for ___5-10___ sec. Perform 6 reps. 1-2 sets Am/Pm

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Lower Back Flexion/Extension

On your hands and knees, hands under your shoulders and knees under your hips.

Maintaining neutral position in your upper and mid back, round and arch your lower back by tilting your pelvis.

Repeat ___6___ times. 1-2 sets. Am/Pm

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Quadruped Trunk Dynamic Stretch with Rotation

On your hands and knees, hands under your shoulders and knees under your hips. Spine in neutral position.

Reach one arm under the other armpit and against the floor and allow your thoracic spine to rotate. Then bring the arm back and reach to the other direction, towards the ceiling. Increase the chest opening by pressing through your hand on the floor.

Repeat _____6_____ times. Left and right sides. 1-2 sets. Perform Am/Pm

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Child's Pose

Start on your hands and knees.

Move backwards, bringing your buttocks towards your heels, lower your chest towards the floor. Hold the position for a moment, while breathing smoothly. Return to the starting position.

Hold for _____5_____ seconds.

Repeat _____6_____ times. 1-2 sets. Perform Am/Pm