

Exercises for Lower Back

L1

Do these exercises **_2_** times a day

Take the movements to where you can feel it stretching but don't force it. As you loosen up you can gradually take the movements further.

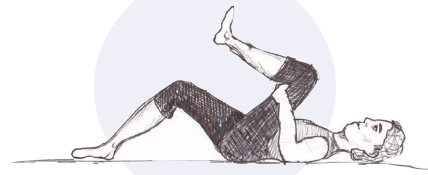


1. Lying on your back with knees bent and feet on the bed.

Gently roll your knees from side to side whilst keeping your upper body still.

Start with small movements and gradually increase how far over you can go

Repeat 10 times

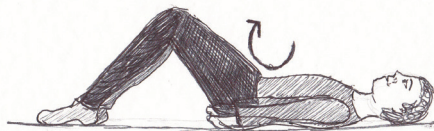


2. Lying on your back with knees bent.

Gently lift one knee towards your chest.

Place your hands behind your knee to draw it in to your chest. Just feel the stretch in your back and hips.

Repeat 10 times on each side

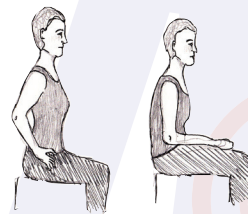


3. Pelvic tilt.

Lying on your back with knees bent, arms by your side. Tighten your stomach muscles and press the small of your back against the floor, letting your bottom rise a little. Don't hold your breath!

Hold count 3 relax.

Repeat 10 times



4. Sit on a firm surface.

Sit upright with your shoulders relaxed.

If you are sitting on a chair, sit clear of the back.

Sit up straight tilting your pelvis slightly forward, keeping your chest up and forward. Then drop your chest down whilst letting your pelvis tip down and back as if you are slumping.

Hold count 5

Repeat 5 times



5. Stand straight with your feet apart Support your hands across your lower back, then stretch up and arch back as far as you can. Keep your knees straight.

Hold count ...3..

Repeat...5...times



6. Stand up straight with feet apart. Bend sideways sliding your hand towards the side of your knee.

Hold count ...3...

Repeat ...5... times on each side.

It may be useful to **test these exercises at different times** of day. For example they may help you to **loosen up** in the mornings or to **ease** your back before you go to bed.

You can use them to **'unload' your back** after any activity such as sitting, walking or doing manual work. It may be possible to **adapt some of the movements** to use in other situations e.g. at work, in the town, at the supermarket, etc.