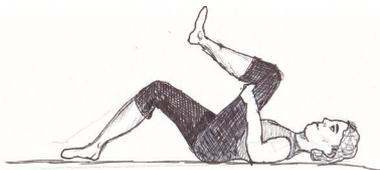


Flexion Based Exercises – Lower Back

L2

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. The more often you do these, the more likely you will get benefit.



1. 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



2. 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.



3. Lying on your back with knees bent. Gently bring both knees towards your chest. Place your hands behind your knees to draw them in to your chest.

Hold count ...5....

Repeat...5....times



4. Sit on a chair with your legs apart.

Bend your head and trunk down between your knees.

Round your upper body as much as possible.

Hold count...5....

Repeat...5...times

Other tips :

If you get the pain into your bottom or leg when walking you could try to adapt the movements above to the situation to ease the pain -

For example try:

- Squatting down as if doing up your shoe laces
- Lean forward – e.g. Rest your arms on a rail or fence
- Lean with your back against a wall
- If standing – try putting one foot in a 'step' position in front of you e.g. at the kitchen sink – rest the affected side foot on the bottom shelf of the cupboard under the sink.

Please note – if your leg symptoms increase and don't settle within ...1...hour after doing any of these movements, stop that exercise and continue with the other ones.