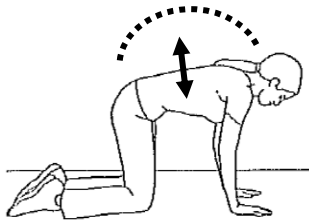


# Therapy Services Patient Information

## Lumbar spine exercises



Crawling position.

Curl spine towards ceiling and tuck chin. Return to flat position. Hold \_\_\_ secs.

Repeat \_5\_ times.

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Crawling position.

Let your arms slide along the floor as far as possible. Push your bottom back and down and the chest towards the floor. Breathe out while doing the exercise. Hold for approx. 10secs.



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Sit on a chair with your legs apart and feet firmly on the floor. Hold a stick behind your neck as shown in the picture.

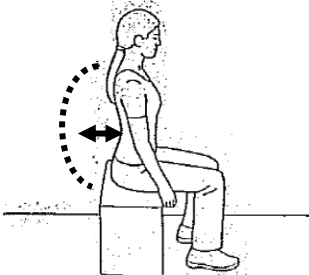


Twist your upper trunk from side to side. Let your head follow the movement.

Repeat \_5\_ times.

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Sit on a stool and practise good posture.



First let your back drop and get rounded, then use your back muscles to straighten your back and return to neutral.

Repeat \_5\_ times.

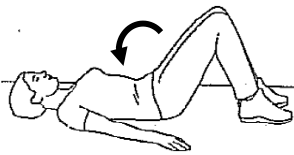
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Standing.

Bend sideways at the waist.

Repeat \_5\_ times.



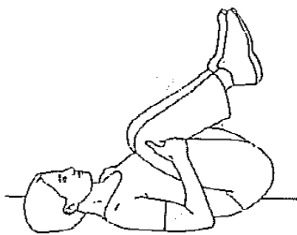


Lying on your back with knees bent and arms by your side.

Tighten your stomach muscles and press the small of your back against the floor letting your bottom rise. Hold 5 secs. - relax.

Repeat   5   times.

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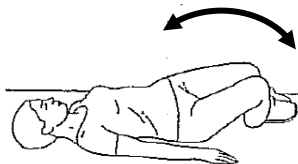


Lying with your knees bent and feet on the floor. Lift your knees towards your chest.

Place your hands behind both knees and draw them gently towards your chest. Hold   5   secs.

Repeat   5   times.

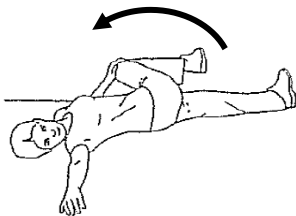
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Lying on your back with knees together and bent.

Slowly roll your knees to one side . Repeat 5 times.  
Roll to the other side 5 times.

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Lying on your back with one leg bent.

Bring your bent knee over the other leg and push your knee against the floor with the opposite hand. Then reach with the other arm to the opposite side looking in the same direction. You will feel the stretching in your lower back and bottom. Hold approx. 10 secs. - relax.

Repeat   3   times.

## Contact details [www.poole.nhs.uk](http://www.poole.nhs.uk)

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