

Exercise plan:
Lower Back Pain

Patient:
A Healthy Patient

Date:
27th Sep 2017

Practitioner:
Living Centre Clinic

Double Leg Back Stretch



Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.

Video: <http://youtu.be/ZEz80zvKUv4>

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Pelvic Tilt Lying



Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.

Video: <http://youtu.be/44D6Xc2Fkek>



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Single Leg Back Stretch



Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.

Video: <http://youtu.be/lka-1VKjrew>

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Tummy Vacuum



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Go on to all fours, and make sure your hips, knees and shoulders are aligned to 90 degrees. Keep a gentle curve in your lower back. Draw your tummy upwards, towards your spine. While you are holding this position, try to breathe normally. You can also contract your pelvic floor muscles at the same time by squeezing around your pelvic organs, and drawing them gently up towards your belly button.

Video: <http://youtu.be/vPQNERJUBIk>

The Cat



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Adopt the four point kneeling position. Place your hands directly underneath your shoulders, with your knees between your hips. Exhale as you tuck your pelvis underneath you, gently rounding your lower back. Continue this movement, allowing your upper back to round, followed by your neck, allowing it to nod slightly forward. Inhale and maintain this position. Exhale as you slowly flatten out your spine, sending your tailbone away from you, lengthening your spine and neck back to neutral.

Video: <http://youtu.be/od-jBFCQFV0>

3 Point Kneeling Straight Arm

Adopt a 4 point position on your hands and knees. Maintain good posture, and gently contract the deep abdominal muscles by drawing your belly button in (towards your spine). Lift one arm in front of you. This exercise strengthens the deep core muscles.

Video: <http://youtu.be/P9Q8Vaob8Uk>



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Note: click on links to see videos.

If any of the exercises are not clear please consult the Living Centre Clinic for free assistance. STOP if any give pain - none of these should, so seek professional help. Each person's symptoms are unique and you may need professional help.

All exercises are for guidance. Please contact the osteopathy team free of charge better@livingcentreclinic.com before starting any exercise, for guidance and advice. Alternatively call us on 02089462331 to speak with us.

Living Centre Clinic