

Exercise plan:
Low back Stretches

Patient:
A Healthy Patient

Date:
30th 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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Quadriceps Stretch 2



Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadricep muscles at the front of your thigh.

Video: <http://youtu.be/BZwmTXwu2fk>

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Hip Abduction Gluteus Medius Standing



Stand up next to a table, chair or wall, and take your leg out to the side, and back to neutral. Repeat as required. You can also hold the leg out to the side and maintain this position. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

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

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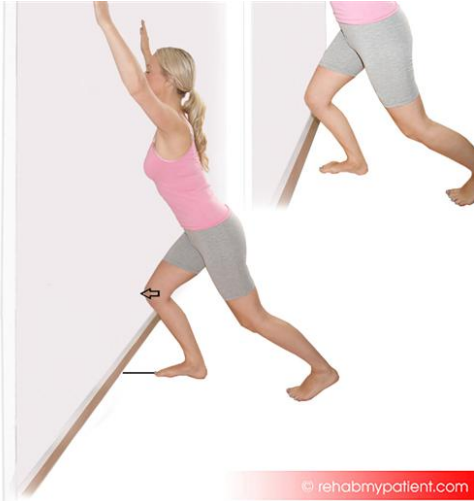


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Heel Drop Gastrocnemius Stretch

Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).

Video: <http://youtu.be/8PQleXdrnXg>



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Soleus Stretch

Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle, known as the soleus).

Video: http://youtu.be/3FnsmjQ_lyk



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Sitting Forward Hang

Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

Video: <http://youtu.be/GrWP8fLx0-g>



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Sitting Extension

Support your neck by placing your hands interlocked behind your neck. Round your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.

Video: <http://youtu.be/Si0OKWUogJk>



Sciatic Nerve Glide Floss 1

This is an advanced stretch. If you have any pain STOP. This is a nerve glide, designed to keep your sciatic nerve free, ie once it has been released by your healthcare practitioner.

Sit with good posture, and straighten your affected leg. Bend your ankle forwards and backwards to create a stretch to the back of the leg (hamstring and calf).

Video: <http://youtu.be/-LIGOh0Q9dM>

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