

# Julie Dass Injury Clinic

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Patient:  
**Mrs Julie Dass**

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## Single straight leg raise

Lie flat on your back, and lift a straight leg as far as feels comfortable. Hold this position, and relax. This exercise will stretch the hamstring. Do not worry if you cannot get your leg as high as Katy.

**Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/-pdGnp3B0PA>



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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.

**Hold for 30 | Repeat 3 times | Perform 1 times daily**

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



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## Back extension medium

Lie on your front, and rest on your forearms. Straighten your arms to a 90 degree position as shown. Hold this position. Your back will be arched. Start gently with this exercise as it can cause some stiffness when you first begin.

**Hold for 30 | Repeat 3 times | Perform 1 times daily**

Video: <http://youtu.be/jwl8g1dNzbw>

## Back extension strong

Lie on your front, and rest on your forearms. Straighten your arms making your back very arched. Hold this position. Start gently with this exercise as it can cause some back stiffness when you first begin.

**Hold for 30 | Repeat 3 times | Perform 1 times daily**

Video: <http://youtu.be/9ceFn3bH5ls>



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## Floor superman opposite

Lie on your front, and lift your opposite arm and leg, keeping them straight. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar Hyperlordosis) while strengthening the lower back and buttock muscles. 15 reps.

**Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: [http://youtu.be/ViUO\\_rtbSiA](http://youtu.be/ViUO_rtbSiA)



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## Sciatic nerve glide floss 3

Sit with good posture, and straighten your affected leg and bend your ankle towards you, as you extend your neck. Then bring your neck towards your chest as you relax the ankle. This will glide the sciatic nerve. 15 reps.

**Repeat 3 times | Perform 1 times daily | Perform both sides**

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



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## Spinal cord glide

Start in a neutral four point position, and arch your back and then round your back to help glide the spinal cord. At the same time as you round your back, you can flex your neck forwards. As you arch your back, extend your neck backwards.

**Hold for 30 | Repeat 3 times | Perform 1 times daily**

Video: <http://youtu.be/fxzCg6tnqhQ>



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## Neutral position lumbar decompression chair



Lie flat on your back, with your feet resting on a chair. Relax in this position. You can place your arms above your head if you wish. This exercise is a decompression exercise for the spine, especially useful for lumbar disc problems.

**Hold for 30 | Repeat 3 times | Perform 1 times daily**

Video: <http://youtu.be/Zvfxgiqlsh4>

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Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [stabletherapycentre@gmail.com](mailto:stabletherapycentre@gmail.com). Good luck and keep with it!