

Exercise plan:
Lower Back Advice

Patient:
Mrs Julie Dass

Date:
31st Mar 2017



Avoid forward bending

Be careful when you bend forwards! Repetitive forward bending can aggravate underlying disc problems. Keep your back straight and bend your knees to take a lot of strain off the spine.

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

SB sitting

Sit on a Swiss ball with good upright posture. Make sure your head is not dropping forwards, keep your eyes on the horizon line, and maintain a gentle backward curve in your lower back. Do not be surprised if you get a little achy sitting for longer than 15 minutes. Sitting on a Swiss ball is great for posture and core control.

Video: <http://youtu.be/x0nAt0Url7g>



Understanding vertebrae

This is your spine. Notice how it is curved in an S-Shape, to help absorb force. At the bottom of your spine is the lower back, known as the lumbar spine, and consists of 5 vertebrae. Above this is the thoracic spine, or upper back, consisting of 12 vertebrae. In the neck, or cervical spine, you have 7 vertebrae. The curves in the cervical spine and lumbar spine are known as a Hyperlordosis, and in the thoracic spine it is known as a kyphosis.

Video: <http://youtu.be/qyzjSDpma3c>



Standing with good posture

Stand up straight. Ensure that your head does not drop forwards and keep your eyes on the horizon line. Your knees should be relaxed, and not locked back. Slightly tuck your bottom under and your tummy in. Keep your shoulders in a relaxed and back position, and place your hands by your side.

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



Sleeping position side

If you find sleeping uncomfortable, try lying on your side, and place a pillow between your knees. If you have leg pain or one-sided lower back pain, usually you will find it more comfortable to lie on the opposite side to your leg/back pain. Do not sleep on the floor.

Video: <http://youtu.be/q0IKQxmT148>



Advice on bending

When you pick something up from the floor, ensure the following: 1) Go down on to one knee, or squat down. If you find it uncomfortable to go onto one knee, then put a pillow under your knee and use nearby objects such as a table or chair to support your arms. 2) Avoid bending over to make a bed, clean the bath, or wash your teeth. Think of ways to prevent bending, such as going on to one knee, or widening the legs to make a split-stance (this will drop your height several inches), or avoid picking things up from the floor unless completely necessary. 3) If you do have to bend, do not twist at the same time. 4) When bending you may find it useful to brace the stomach muscles by squeezing the abdomen inwards slightly.

Video: <http://youtu.be/5OPsQIPB300>



Advice on lifting

When lifting: 1) Avoid lifting heavy objects. 2) Position your body square on to the object being lifted, never twist. 3) Bend your knees rather than your back. 4) Contract your deep abdominal muscles - one way to do this is to squeeze your stomach inwards and hold. 5) Keep the load close to your body to reduce the weight and lever-arm. 6) Do not twist when you put the weight back down.

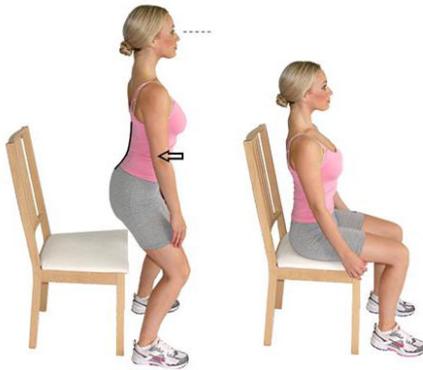
Video: <http://youtu.be/0ytXllkLf7A>



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Getting in and out of bed

To get in and out of bed, sit on the side of your bed, and bend your knees up onto the bed as you lower the upper body down, thus keeping your back straight. Do the opposite when coming up from lying.



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Correct way to sit down and stand up

To ensure you sit down correctly, first contract the deep abdominal muscles by squeezing the stomach inwards. Next, lean forwards onto your feet and stick your bottom out slightly to maintain the natural curve in the lower back (known as the Hyperlordosis) and then bend the legs to squat down. Make sure you keep the eyes looking forwards, do not drop the chin. To stand up from sitting, do the opposite: first contract the abdominal muscles, then maintain the curve in the lower back, and push up from the legs.

Video: <http://youtu.be/z7Db6E3fgzk>

Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stablestherapycentre@gmail.com. Good luck and keep with it!