

Exercise plan:  
**Lower Back Stretches and  
Strengthening Exercises**

Patient:  
**Mrs Julie Dass**

Date:  
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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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## Cat camel stretch

Start in a neutral four point position on your hands and knees, and round your back from an arched position. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable.



Video: <http://youtu.be/Wq2AChekwwU>

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## Sitting forward hamstring and spine stretch

Sitting down, keep your legs straight in front of you, and reach forwards to touch your toes. Go as far as feels comfortable. You should feel a stretch in the back of the thighs/Hamstrings. Hold the stretch, and return to the start position.



Video: <http://youtu.be/0e56B0v4g7Y>

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## Lumbar flexion with rotation control

Lie flat on your back, and contract your deep abdominal muscles by drawing your tummy inwards. Bend your hips to 90 degrees, keep your knees together, and rotate the spine. Do not go too far, just a few inches, and keep the movement controlled. This exercise works the lower abdominal muscles, and core control.

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

## Back extension gentle

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



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Video: <http://youtu.be/2fR41RNk9eg>

## 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.



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

## Lumbar rotation

Bend your knees, and keeping your feet flat on the floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.



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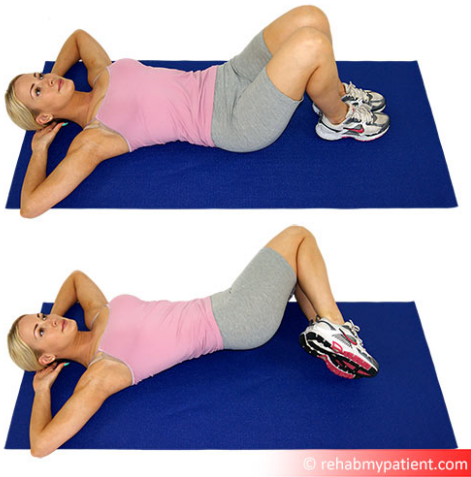
Video: <http://youtu.be/UxORTXzuU9E>



## Kneeling flexion/extension

Kneel down, in an upright position. Place your arms across your chest, and bend forwards from your torso. Go as far as feels comfortable, and then extend back up to the start position. This exercise predominantly strengthens the lower back muscles.

Video: <http://youtu.be/OM0Af0xz2F4>



## Oblique stretch

Lie flat on your back, and bend your knees. Place your hands above your head. Keeping your knees together, gently drop them to the floor to create a rotation through your back. Go as far as feels comfortable. Your feet do not need to remain flat on the floor. Rotate to the other side. Make the exercise stronger by placing your arms above your head.

Video: <http://youtu.be/VSJUfWO6Zv8>



## Supine lumbar twist stretch

Lying flat on your back, cross one leg over the other by twisting your hips and spine. Keep your opposite arm outstretched. You can hold on to your knee to make the stretch stronger if you feel comfortable.

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



## 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/ZEz80zvUv4>

## Supine bridge basic



Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Video: [http://youtu.be/fK\\_xUE3OKIE](http://youtu.be/fK_xUE3OKIE)

## Lumbar and thoracic side flexion standing



Stand up straight, and bend to the side by running your hand down the outside of your leg. Keep the movement slow and fluid. Repeat to the opposite site. This is a good mobility exercise for the lower and upper back.

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

## Floor superman two legs, one arm



Lie on your front, and lift your legs up behind you, and one arm in front of you. 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.

Video: <http://youtu.be/Zfx163krsVo>

## 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>



## Boxer's sit-up



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Lift one leg off the floor a few inches, and the other off the floor with your knee bent as shown in the picture. Perform a crunch by touching your hand to your foot. This is a tough sit-up! But you can make it easier by moving your foot closer to you, or away from you to make the exercise harder. This exercise helps to strengthen the abdominal muscles and Oblique muscles.

Video: <http://youtu.be/9SB8VkgXY98>

## Sit-up crunch with feet on SB



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Lie on your back on the floor, with your feet on a Swiss ball, and perform a crunch by lifting your shoulder blades off the floor and contracting your abdominal muscles. This exercise helps to strengthen the abdominal muscles. Repeat as required.

Video: <http://youtu.be/cMcvD1mqusU>

## SB superman arm and same side leg



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Lie on your front on a Swiss ball, and lift your arm and leg (same-side), 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 gluteal muscles and improving core control.

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

## SB lumbar twist



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Lie on your back, with your legs resting on the ball. Gently rotate your spine by twisting your legs to each side while keeping your body straight. Always contract your deep abdominal muscles by drawing your belly button towards your spine. You shouldn't aim to get to the ground, keep the exercise within your comfort zone.

Video: <http://youtu.be/Pd0pH5EGm1c>

## SB rotations

Lie on your back, with your feet and calves on the ball, and rotate your spine (drop your knees to each side, moving the ball). Make sure you control the movement from the core muscles, so do not go too fast.

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



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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!