

LUMBAR MOBILITY EXERCISES



AIMS

- Reduce pain and inflammation
- Improve mobility and strength
- Improve posture and muscle control

Warning: Perform all exercises in a slow and controlled manner.

If you experience shooting pain, numbness, or unusually severe pain you should stop the exercise and speak to your physio.

EXERCISES - to be completed **3** times per day.

EXERCISE	DETAILS
	<p>SINGLE KNEE TO CHEST STRETCH</p> <ul style="list-style-type: none"> - Lie on your back - Bend your right knee up to your chest, squeeze and hold for 5 seconds - Repeat with the left leg - Repeat 5 each side
	<p>DOUBLE KNEE TO CHEST</p> <ul style="list-style-type: none"> - Lie on back - Bend both knees up to your chest, squeeze and hold for 5 seconds - Repeat 5 times



LUMBAR ROTATION

- Lie on back with knees bent and feet flat on floor
- Roll your knees to the left and to the right as far as feels comfortable
- Hold for 3 seconds and repeat 20 times in each direction



LUMBAR EXTENSION

- Lie on stomach with your palms under your shoulders
- Push up onto your hands to lift your chest off the floor
- Keep your hips flat on the floor
- Hold for 10 seconds, then slowly lower
- Repeat 5 times



LION STRETCH

- Starting on hands and knees, rock bottom down towards heels
- Keeping your bottom on your heels, stretch arms out in front whilst keep palms flat on ground
- Hold 10 seconds and repeat 5 times



PELVIC TILTING

- Lie on back with knees bent and feet flat on floor
- Draw belly button down, flattening lower back into the bed
- Then relax your back, arching gently through the small of your back, keeping your bottom in contact with the floor
- Continue to move between these two positions (i.e. gently rocking pelvis) for 2 minutes