



Personal exercise program

Warwick Physio and Rehab

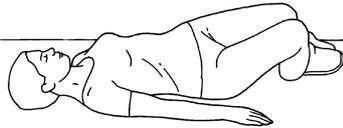
Warwick Physiotherapy & Rehabilitation
Unit 1, Bank Gallery, 13 High Street, CV8 1LY, Kenilworth,

Basic Lumbar Exercises

Lying on your back with knees together and bent.

Slowly roll your knees from side to side keeping your upper trunk still.

Repeat 5-10 times each side.



©PhysioTools Ltd

Lying with your knees bent and your feet on the floor.

Lift one knee towards your chest. Place your hands behind the knee and draw it into your chest. Hold for a few seconds.

Repeat 5-10 times with each leg.

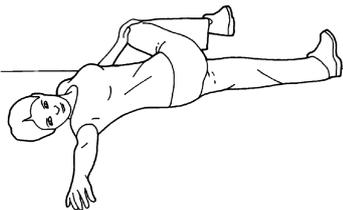


©PhysioTools Ltd

Lying on your back with one leg bent.

Bring your bent knee over the other leg and push your knee against the floor with the opposite hand. Then reach with the other arm to the opposite side looking in the same direction. You will feel the stretching in your lower back and bottom. Hold approx. 10 secs. - relax.

Repeat 5-10 times with each leg.

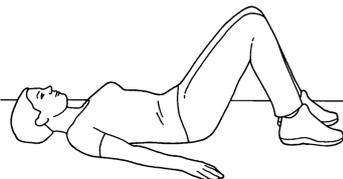


©PhysioTools Ltd

Lying on your back with knees bent and arms by your side.

Tighten your stomach muscles and press the small of your back against the floor letting your bottom rise. Hold 5 secs. - relax.

Repeat 5-10 times.



©PhysioTools Ltd



Stand straight with feet apart.

Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

Repeat 5-10 times.

©PhysioTools Ltd



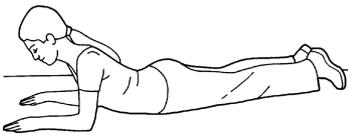
Sitting on a chair with your foot on the opposite knee.

Gently push your knee towards the floor. You should feel a stretch in your buttock.

Hold this position for 20-30 seconds.

Repeat both legs.

©PhysioTools Ltd

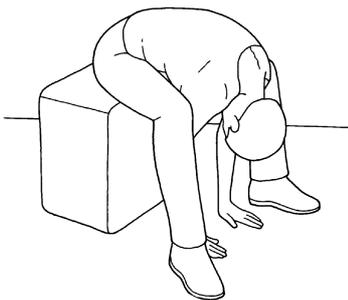


Lying face down, leaning on your elbows/forearms.

Arch the small of your back by pressing your pelvis and stomach to the floor. Now bend your upper back upwards, keeping forearms on the floor. Hold approx. for a few seconds before lowering.

DO NOT DO THIS EXERCISE FIRST THING IN THE MORNING.

©PhysioTools Ltd



Sit on a chair with your legs apart.

Bend your head and trunk down between your knees rounding your upper body as much as possible. Hold approx. 20 secs.

Repeat 5-10 times.

©PhysioTools Ltd