

## Lumbar Mobility Program

**Professionals in Sports Medicine & Rehabilitation Supplies** 

Lying on your back, bend one knee to your chest.  Use arms to pull knee into chest.  Hold for seconds. Repeat times. Practice sets times daily.  2) Both Knees to Chest  Lying on your back, bend both knees to your chest. Use arms to hold position.  Hold for seconds. Repeat times. Practice sets times daily.  3) Lumbar Rotation "Rocking"  Keeping knees together and neutral pelvis position, slowly rock knees from side to side. Allow low back to rotate slightly  Hold for seconds. Repeat times. Practice sets times daily.  4) Rotation Stretch Sitting  Sitting with legs in front, cross one leg over the other, place opposite arm on bent knee, rotate trunk to look behind you.  Hold for seconds. Repeat times. Practice sets times daily.  5) Rotation Stretch Lying  Bend one knee over other leg, push further with other hand. Rotate trunk and head away from knee to look opposite direction.		1) Knee to Chest
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$\overline{}$	6) Extension Stretch
a Rill	Lying face down leaning on elbows and forearms,
	arch back and look forwards.
	Hall Comment Description Comment
	Hold for seconds. Repeat times. Practice sets times daily.
	7) McKenzie Push Ups
	7) McKenzie i usii Ops
L.	Lying face down with palms down at shoulders
	width apart. Straighten elbows and extend through
	lower back.
	Hold for seconds. Repeat times. Practice
	sets times daily.
	8) Standing Extension Stretch
	Constitution of the state of the constitution of the state of the stat
MA	Standing straight with feet apart. Support your back with your hands whilst bending backwards keeping
1.7.7	knees straight.
-	knees straight.
25	Hold for seconds. Repeat times. Practice
	sets times daily.
	9) Mid Back Stretch
	Kneeling, push chest towards floor, reaching
	forwards as far as you can
	Hold for seconds. Repeat times. Practice
	sets times daily.
	10) Pelvic Tilting
	10,100.00
	Lying on your back with knees bent, rock your
	pelvis by creating an arch in your lower back, then
	flattening your lower back to have full contact with
	the floor.
	Hold for goods Depost times Deposit
	Hold for seconds. Repeat times. Practice sets times daily.
	11) Transverse Abdominus Exercises
	11/ Tano (cise Hodoninas Excluses
	Lying on your back with knees bent and arms
	beside, draw your belly button towards your spine.
	Ensure you maintain normal breathing throughout
	the exercise.
	W 116
	Hold for seconds. Repeat times. Practice
	sets times daily.

All exercises are to be done with respect to pain. There should be no exacerbation of pain during or after the exercises.

Please consult your Health Practitioner for a full assessment and diagnosis before commencing any of these exercises.

Not all these exercises may be appropriate for your condition so please consult your Health Practitioner.