



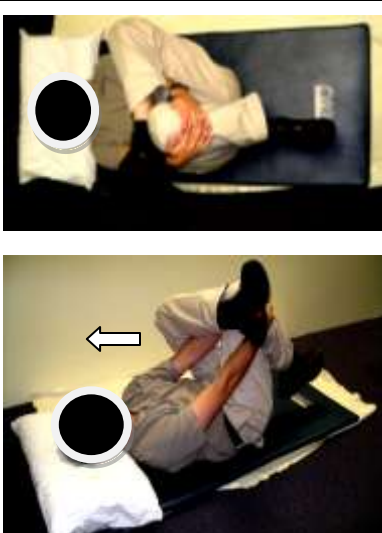
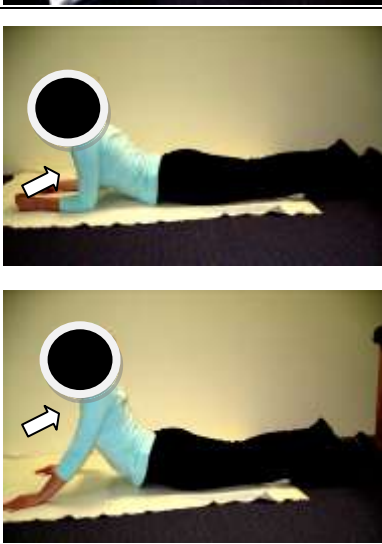




Lower Back Exercises

Picture	Exercise
	<p>Single knee to chest</p> <ul style="list-style-type: none"> • Lie on your back • Slowly pull one knee towards your chest <p>Hold_10_s Repeat_10_times. Do _2__times a day.</p>
	<p>Double knee to chest</p> <ul style="list-style-type: none"> • Lie on your back • Slowly pull both knees towards your chest <p>Hold_10_s Repeat_10_times. Do _2__sessions/day.</p>
	<p>Lumbar Flexion</p> <ul style="list-style-type: none"> • Standing up tall • Place one leg on a chair • Knee bent to about 90 degs • Slowly bend forward • Rest your forearms on your thigh <p>Hold_10_s Repeat_10_times. Do _2__sessions/day.</p>

Lower Back Exercises

Picture	Exercise
	<p>Lumbar Rotation</p> <ul style="list-style-type: none"> • Lie on your back • Bend both knees keeping both feet on the ground • Keep knees together • Rock them from side to side • Keep shoulders flat on the ground • Brace your abdominals throughout this stretch <p>Rock from side to side for 2 minutes.</p>
	<p>Gluteal</p> <ul style="list-style-type: none"> • Lying on your back • Keep your knees bent • Place ankle on the other knee • Pull the other knee towards your chest • You should feel a stretch in your bottom (the side of the leg you crossed over) <p>Hold_10_s Repeat_10_times. Do _2_sessions/day.</p>
	<p>Extension Stretch (a)</p> <ul style="list-style-type: none"> • Lie on your stomach • Raise yourself up on to your forearms/elbows • Keep your hips on the floor <p>Hold_5_s Repeat_10_times. Do _2_sessions/day.</p>

Lower Back Exercises

Picture	Exercise
	<p>Extension Stretch (b)</p> <ul style="list-style-type: none">• Standing up tall• Slowly arch backwards• Make the hollow of your back deeper <p>Hold_5_s Repeat_10_times. Do _2_sessions/day</p>
	<p>Side Glides</p> <ul style="list-style-type: none">• Stand up tall with your __ side facing a wall• Rest your arm on the wall elbow bent to 90 degs• Slowly push your hip towards the wall <p>Hold_5_s and release. Repeat_10_times. Do _2_sessions/day</p>

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 exercises displayed here may be appropriate for your condition. Consult your Health Practitioner.

