

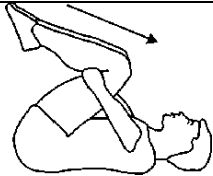
Lumbar Mobility Program



1) Knee to Chest

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

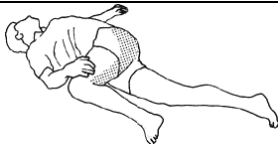
Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



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.

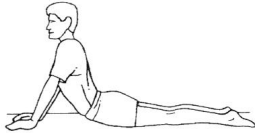
Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



6) Extension Stretch

Lying face down leaning on elbows and forearms, arch back and look forwards.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



7) McKenzie Push Ups

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

Standing straight with feet apart. Support your back with your hands whilst bending backwards keeping knees straight.

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

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 ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.

11) Transverse Abdominus Exercises

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.

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.