

Exercise plan:
Back Mobilising Exercises

Patient:
General Exercise

Date:
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Pelvic Tilt Lying

Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.

Hold for n/a | Repeat 5 times | Perform 2 times daily

Video: <http://youtu.be/44D6Xc2Fkek>



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Lumbar Rotation

Lie on a bed or a floor. Bend your knees and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/UxORTXzuU9E>



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Slump Sitting

Sit down, and bend your chin down towards your chest, and slump forwards by rounding your back. This exercise is used to stretch the spinal joints.

Hold for n/a | Repeat 5 times | Perform 2 times daily

Video: <http://youtu.be/QaW0cF5FpGo>



Sitting Extension

Support your neck by placing your hands interlocked behind your neck. Round your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.

Hold for n/a | Repeat 5 times | Perform 2 times daily

Video: <http://youtu.be/Si0OKWUogJk>



Thoracic Side Flexion

Stand with your feet shoulder width apart, and your hands resting on your hips. Bend your spine to one side, and repeat to the opposite side. This will help stretch your spine.

Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/UdjpcNzbP8Q>



Sitting Rotation

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

Hold for n/a | Repeat 5 times | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/JEDRfMbURRU>

These exercises are designed as a general mobilising programme, rather than a specific treatment programme for a particular individual's needs or dysfunctions. Please undertake the exercises safely, holding onto something strong and stable when standing. Work with control and within comfort, maintaining good postural alignment - stop any exercise that causes pain or conflicts with advice from your Therapist, Doctor, or Consultant.

Try to keep mobile throughout the day and vary your activities - be careful if undertaking activities that are new or which you haven't been doing regularly recently - build up the time and difficulty gradually over time.

If you have a particular condition or any questions regarding an exercise, just email us on info@achievehphysio.co.uk or phone on 07702 871780.

Good luck and keep with it!