



**PHYSIOTHERAPY**

[www.rpbphysiotherapy.co.uk](http://www.rpbphysiotherapy.co.uk)

## LOW BACK EXERCISES



<https://youtu.be/UxORTXzuU9E>



### 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.



<https://youtu.be/c2kKOjzK14>



### Cat Camel Stretch

Start in a neutral four point position on your hands and knees. Round your back from an arched position as you pull in your abdominal muscles. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable, unless your therapist guides you otherwise. After you have rounded your back, form an arch with your lower back. Repeat the movement to the required number of repetitions. This is a good exercise to stretch your back and reduce back pain.



<https://youtu.be/7zsKsz4uQe4>



### Rest Position / Child's Pose / Shell Stretch

Kneel down on the mat, and rest your buttocks on your heels. As you keep your buttocks on your heels, roll forwards and slide your arms forward creating a gentle stretch and lengthening in your back.



<https://youtu.be/lka-1VKjrew>

### Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.



<https://youtu.be/R1qxWNjcleU>



### Shoulder Bridge / Spine Curls

Adopt the supine start position. Bring your heels slightly closer to your bottom to reduce the stress on your Hamstrings. Exhale as you tilt your pelvis back underneath you, pressing your lower back into the floor. Slowly roll your spine off the mat one vertebrae at a time to the tips of your shoulder blades. Hold this position as you inhale. Exhale, rolling the spine back down, one vertebrae at a time. Make sure you keep your weight equal through both feet. Repeat as required.

## Stronger stretches



<https://youtu.be/VSJUfWO6Zv8>



## Oblique Stretch

Lie flat on your back, and bend your knees. Place your hands above your head. Keeping your knees together, gently drop them to the floor to create a rotation through your back. Go as far as feels comfortable. Your feet do not need to remain flat on the floor. Rotate to the other side. Make the exercise stronger by placing your arms above your head.



<https://youtu.be/jwI8g1dNzbw>

## Back Extension Medium

Lie on your front, and rest on your forearms. Straighten your arms to a 90 degree position as shown. Hold this position. Your back will be arched. Start gently with this exercise as it can cause some stiffness when you first begin.