



Sherborne chiropractic

The Old Barn
Tinney's Lane
Sherborne
DT9 3DY

Phone: 01935 814691 / 01373 469759
Email: Info@sherbornechiropractic.com
Website: www.sherbornechiropractic.com

Exercise plan:
Lumbar Mobilisation Exercises

Patient:
Patient Patient

Date:
19th Feb 2018

Toe Touch



© rehabmypatient.com

Keeping your legs straight, run your hands down the front of your thighs and touch your toes (or go down as far as feels comfortable). Hold the stretch as required, and then come up. This will increase the mobility in your spine, and also stretch your Hamstrings.

Perform 2 times daily | Repeat 1 times | Hold for 20 seconds

Video: <http://youtu.be/dkblOfX4DW0>

Sitting Forward Hamstring and Spine Stretch



© rehabmypatient.com

Sitting down, keep your legs straight in front of you, and reach forwards to touch your toes. Go as far as feels comfortable. You should feel a stretch in the back of the thighs/Hamstrings. Hold the stretch, and return to the start position.

Perform 2 times daily | Repeat 1 times | Hold for 20+ seconds

Video: <http://youtu.be/0e56B0v4g7Y>

Cat Camel Stretch



© rehabmypatient.com

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.

Perform 2 times daily | Repeat 5 times | Hold for 5 seconds

Video: <http://youtu.be/Wq2AChekwwU>

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.



© rehabmypatient.com

Perform 2 times daily | Repeat 3 times | Hold for 10 seconds | Perform both sides

Video: <http://youtu.be/lka-1VKjrew>

Double Leg Back Stretch

Lie flat on your back, and bend your knees 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 repeat as necessary.



© rehabmypatient.com

Perform 2 times daily | Repeat 1 times | Hold for 20+ seconds

Video: <http://youtu.be/ZEz80zvkJv4>

Sitting Forward Hang

Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

Perform 2 times daily | Repeat 1 times | Hold for 20 seconds

Video: <http://youtu.be/GrWP8fLx0-g>



© rehabmypatient.com

Back Extension Gentle

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

START WITH THIS ONE

Perform 2 times daily | Repeat 1 times | Hold for 10 seconds

Video: <http://youtu.be/2fR41RNk9eg>



© rehabmypatient.com

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.

Perform 2 times daily | Repeat 1 times | Hold for 10 seconds

Video: <http://youtu.be/jwl8g1dNzbw>

© rehabmypatient.com

Supine Lumbar Twist Stretch



Lying flat on your back, cross one leg over the other by twisting your hips and spine. Keep your opposite arm outstretched. You can hold on to your knee to make the stretch stronger if you feel comfortable.

Perform 2 times daily | Repeat 1 times | Hold for 20+ | Perform both sides

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

© rehabmypatient.com

Dear Patient, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on Info@sherbornechiropractic.com. Good luck and keep with it!