



Bloomsbury Osteopathy

Low Back Exercises

Low Back Extensor Strengthening Exercise

TSPS01

Function:

To increase stability in the lower back by strengthening the muscles that extend the lumbar spine.

Method:

Starting Position:

Lie face down over a large "Swiss Exercise Ball" with feet comfortably apart on the floor. Arms should be held by your sides with elbows bent.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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Action:

Engage your abdominal/core muscles. Then slowly and in a controlled manner, lift your upper back away from the ball towards the ceiling. At end of range, pause 3-5 seconds before returning slowly to the starting position. Do not over-extend your back. Repeat as prescribed.

Notes:

Maintain a neutral head position at all times. To increase the level of difficulty place your arms closer to your head. As your rehabilitation progresses your osteopath may advise you to increase the length of the pause at end of range to further challenge the back muscles.

STRENGTHENING OF THE MUSCLES OF THE LUMBAR AND THORACIC SPINE
HELPS TO IMPROVE CORE STRENGTH AND STABILITY
HELPS TO ALIGN AND BALANCE THE SPINE
(LSPS07)



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