



Bloomsbury Osteopathy

Low Back Exercises

Lumbar Spine Extension Strengthening Exercise

LSPS01

Function:

To increase the strength of the lumbar spine by engaging the lumbar erector spinae muscles (muscles of the low back).

Method:

Starting Position:

Lie face down on a flat surface with legs straight. If possible keep the top of your feet flat against the floor. Place a flat pillow under your chest for comfort and support. Place the palms of both hands flat on the ground by the sides of each shoulder with elbows tucked close to your torso.

Action:

Slowly raise your upper back just a few inches off the floor by contracting the muscles of the lower back. Hold the position for 10-20 seconds whilst breathing slowly and deeply. Return to starting position, relax and repeat. Keep your head and neck straight with your chin slightly tucked down.

Notes:

You can increase the level of difficulty by placing your hands higher or towards your head and conversely make it easier by placing your hands lower near your body. If you have a neck problem do not extend your neck. Do not perform this exercise without advice from your osteopath.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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STRENGTHENING OF THE MUSCLES OF THE LUMBAR SPINE
(LSPS01)

