



Bloomsbury Osteopathy

Low Back Exercises

Lumbar Spine Mobility Exercise

LSPM03

Function:

To increase range of movement in the lumbar spine, to stretch associated muscles and soft tissues, and to maximise spinal joint health.

Method:

Starting Position:

Lie on your back on a flat surface with knees bent to 45°, feet flat on floor and slightly apart.

Notes:

Another variation is to use an exercise ball between your legs (LSPM07). Also see LSPM05 and LSPM06

Action:

With knees bent to about 45°, whilst keeping them together, allow them to fall to the side as far as possible.

To stabilise your upper back and to increase rotation, open both arms and rest them on the floor. A more assertive rotation stretch is to place both arms to the opposite side of the legs as well as to turn your head to the opposite side of the legs.

Hold this position for 30 seconds whilst breathing slowly and deeply. Return to starting position and repeat on the opposite side.

STRETCHING OF THE:
MUSCLES, JOINTS AND LIGAMENTS OF THE LUMBAR SPINE, (THE LOWER BACK)
(LSPM03)

