



Bloomsbury Osteopathy

Low Back Exercises

Pelvic Tilt Stretching and Strengthening Exercise

LSPM13

Function:

To increase stability and protect the joints of the in the lower back by strengthening the chains of deep abdominal and hip muscles.

Method:

Starting Position.

Lie on your back with hips and knees bent and feet comfortably apart. Arms should be under your head or by your sides.

Action:

Whilst breathing out contract your abdominal/core muscles and attempt to push your low back into the floor by tilting your pelvis upwards/backwards. Hold for 5 seconds before relaxing.

Notes:

It is important to perfect the movement of the pelvis, do not lift the buttocks away from the floor.

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

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- STRETCHING OF:
1. THE MUSCLES, LIGAMENTS AND TENDONS OF THE LUMBAR SPINE
 2. STRENGTHENING OF THE LUMBAR SPINE
 3. IMPROVING EXCESSIVE LUMBAR CURVES (LSPM13)

