



Bloomsbury Osteopathy

Low Back Exercises

Low Back Bridge Strengthening Exercise

LSPS04

Function:

To maximise stability and health of the lumbar spine by increasing strength of local and related muscle groups. Also to strengthen the glutei (buttocks) and hamstrings muscles.

Method:

Starting Position:

Lie on your back with hips and knees bent and feet comfortably apart. Arms should be by your side, palms down for stability.

Action:

Engage your abdominal/core muscles. Slowly and in a controlled manner, lift your pelvis off the floor and raise so that your body forms a straight line from chest to hips to knees.

At this position, fully inhale, lift one foot off the ground and straighten the knee but keep the thigh parallel with the other leg by increasing the contraction of your buttocks and tummy muscles. Increase the abdominal contraction by fully exhaling. Return to start position relax and repeat as advised.

Notes:

This exercise requires significant strength and control. Start at low level and intensity until you improve your strength. Be sure not to overextend your pelvis as this will hyperextend and therefore compromise the lower back. Also see LSPS03. Seek your osteopath's advice before doing this exercise.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

STRENGTHENING OF THE MUSCLES OF THE LUMBAR AND THORACIC SPINE
HELPS TO IMPROVE CORE STRENGTH AND STABILITY
STRENGTHENS THE GLUTEI (BUTTOCKS) AND HAMSTRINGS
HELPS TO ALIGN AND BALANCE THE SPINE
(LSPS04)

