



Bloomsbury Osteopathy

Low Back Exercises

Low Back Extensor and Core Strengthening Exercise

LSPS08

Function:

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

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:

Take a deep breath and engage your abdominal/core muscles. Then slowly and in a controlled manner, lift your right arm straight ahead in line with your body and at the same time the opposite leg. At the end of range, pause for 3-5 seconds before returning slowly to the starting position. Repeat with the opposite hand and leg. Do not over-extend your back. Repeat as prescribed.

Notes:

Maintain a straight / neutral head position at all times. To increase core strength and to help stretch further point your hand and foot in opposite directions. As your rehabilitation progresses your osteopath may advise you to increase the length of the pause at the end of range to further challenge the back muscles.

STRENGTHENING OF:
1. THE MUSCLES OF THE LUMBAR AND THORACIC SPINE
2. THE GLUTEI (BUTTOCKS)
3. THE HAMSTRINGS
HELPS TO IMPROVE CORE STRENGTH AND STABILITY
HELPS TO ALIGN AND BALANCE THE SPINE
(LSPS08)

