

Low Back Strengthening

Do these exercises x daily

These exercises are designed to strengthen the deep postural muscles of your low back, pelvis and abdomen. They are often known as your core stabilising muscles. The core stabilisers play a vital role in helping to treat and prevent spinal and pelvic dysfunction.

Always make sure that you do the exercises in a slow and controlled manner. This is more difficult, however, you will get a lot more from the exercise.

Co-contraction - in order to perform the exercises more efficiently and reduce the chance of injury it is important to co-contraction. This means contracting the muscles of the abdomen and lower back at the same time. Sounds hard, but by contracting the abdominal muscles the low back muscles automatically contract. It is important not to contract too hard as you need to be able to breathe as well as do the exercises properly! Ideal contraction is about 30%. To find this level of contraction pull your abdomen in as far as it will go (imagine a very tight belt), then reduce this by half, then reduce it a little bit more to reach 30%.

If you feel the exercises are aggravating your symptoms then stop immediately.

Do not carry out these exercises unless recommended by your Chiropractor.

Dorsal raise

Please hold for seconds & repeat times

- Lie on your front, with your finger tips on your temples.
- Keeping your pelvis and legs on the floor, raise your upper body a small distance off the ground.
- Be careful not to lift too high and put too much strain on your lower back. Don't forget to co-contrast.



Superman

Please hold for seconds & repeat times on each side

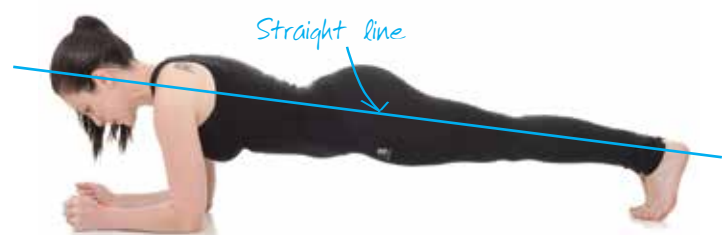
- Avoid this exercise if you have knee problems.
- Kneel on all fours, with your hands under your shoulders and your knees under your hips.
- Very slowly raise one arm and the opposite leg at the same time.
- Make sure that there is an imaginary straight line from your foot all the way to your fingertips. Don't forget to co-contrast.



Plank

Please hold for seconds & repeat times

- Lie on your front.
- Lift yourself up so that your weight is on your forearms and your toes.
- Make sure that there is an imaginary straight line from your heels all the way to your head. Don't forget to co-contrast.



Side plank

Please hold for seconds & repeat times on each side

- Lie on your side.
- Lift yourself up so that your weight is on your forearm and the outside of your foot.
- Make sure that there is an imaginary straight line from your head to your feet.
- If you wish you can raise your upper arm and leg into the air. Don't forget to co-contract.



Sit up

Please hold for seconds & repeat times

- Lie on the floor with your knees bent, feet shoulder width apart and your fingers resting on your temples.
- Aim to lift yourself about 30 degrees off the ground, keeping your pelvis and lower back resting on the floor.
- Do not pull on your neck and make sure that your chin stays away from your chest. Breathe out on your way up and in on your way down.



Oblique sit up

Please hold for seconds & repeat times on each side

- Repeat the instructions for the sit up but as you come up rotate your upper body to one side.
- Return to the bottom and then repeat to the other side.



Roll down/up

Please repeat times



- Sit on the floor with your legs bent, feet hip distance apart and arms outstretched. Breathe in whilst you slowly curl your lower back down and feel it make contact with the floor.
- Slowly let each vertebra in turn press down in to the ground as you lower yourself to the floor.
- When you are ready, breathe out whilst you tuck your chin into your chest and lift each subsequent vertebra off the floor as you curl your body in an "up and over" motion to an upright position. Do not allow your feet to lift off the ground.
- Make sure that your roll downs and roll ups are continuous, controlled flowing motions.