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Lower Back Exercise Programme

Lying on your Tummy

1. Place your hands in a 'press up' position (flat under the shoulders)
'Push up' on the hands in order to get the elbows as straight as possible
Keep the hips down in contact with the floor / bed.
2. Keeping the knee straight lift the whole leg up off the floor / bed.
Lift from the hip.
Keep the upper body flat on the floor / bed during the leg movement.

Kneeling on Hands & Knees

3. Kneel on all fours with the hands under the shoulders and the knees under the hips.
Keep the back flat and the upper body steady.
Lift one arm up & forward to point ahead of you and simultaneously-
Lift the opposite leg up & out behind you to point directly behind you
Hold for a few seconds and then return to the kneeling on all fours position.
Move the opposite limbs as outlined above
4. Kneel on all fours with the hands under the shoulders and the knees under the hips.
Keep the upper body steady.
Pull you belly (button) upwards towards your spine and roll the buttocks downwards.
Drop your belly down toward the floor while pushing your buttocks upwards and out

Lying on Back

5. Lie on your back with the knees bent up & together and the lower back relaxed.
Flatten the lower back (waistband) hard onto the floor / bed.
Roll the knees as far as possible to one side – you can allow the hip to rise but not the shoulders.
Return to the middle and repeat on the other side keeping the back flat.
6. Lie on your back with the knees bent up & together and the lower back relaxed.
Flatten the lower back (waistband) hard onto the floor / bed.
Lift one knee towards the chest and grab the leg just below the knee
Gently pull the knee up towards the shoulder as far as is comfortable & return to starting position
Repeat with the opposite leg
After doing 5 or 6 individually bring the knees up one at the time to holding position and then gently pull both towards shoulder together. Allow the buttocks to lift off the floor / bed if possible.
7. Lie on your back with the knees bent up & together and the lower back relaxed.
Flatten the lower back (waistband) hard onto the floor / bed.
Place hands on front of the upper thighs.
Tuck the chin onto the chest and then lift the head and shoulders to slide the hands to the tops of the knees
Do not grab hold of the knees – keep the hands flat and the fingers straight.
Lower slowly to the floor / bed.