

THE
LOW BACK

**STRETCH &
EXERCISE**

PATIENT HANDBOOK

THE LOW BACK STRETCH & EXERCISE PATIENT HANDBOOK

The exercises in this booklet are to be performed with appropriate instruction and monitoring from a qualified health professional. This guidebook is meant to help in performing home exercises but is not meant to replace the necessary instruction needed to ensure these exercises are being performed properly. Some of these exercises may not be appropriate for you depending on your specific low back condition. If pain or discomfort should arise from performing any of these exercises, discontinue and consult your health care professional.

The home exercise program that has been recommended for you is a very important part of your care. Proper application of home exercises can make a considerable difference to the restoration and maintenance of a healthy low back. Make sure you find the time to perform the exercises that have been provided for you.

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Perform the Low Back stretches that have been marked with a check

Motion Exercise

- Cat / Camel

Flexion Stretches

- One Leg Pull-In
 Two Leg Pull-In
 Seated Flexion

Rotation Stretches

- One Leg Crossover
 Seated Rotation

Extension Stretches

- Elbow Raises
 Straight Arm Raises
 Lateral Flexion Stretch
 Hamstring Stretch

Stretching should be done with slow and smooth motions

Stretching should not be painful

It is recommended that you warm up your muscles with light exercise before beginning your stretches.



CAT / CAMEL MOTION EXERCISE



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

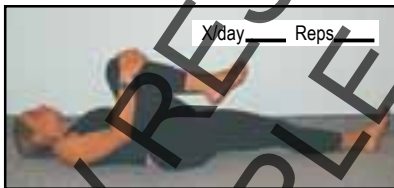
CAT / CAMEL MOTION EXERCISE

This exercise is a range of motion exercise. You start on your hands and knees on a soft surface and slowly round your back into the position shown in the top image on the opposite page. Hold that position for 5 seconds and then slowly rotate the pelvis until your back is in the sagging position shown at the bottom of the opposite page. Hold that position for 5 seconds and then slowly return to position number one. Switch between these two positions 5-6 times.

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ONE LEG PULL-IN

Lie on the floor facing up. Slowly bring one knee towards your chest and grasp it with your hands. Pull it close to your chest. Hold for 15 sec. then relax. Repeat with your other knee.

 TWO LEG PULL-IN

As above bringing both legs into your chest.



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SEATED FLEXION

Sitting on a chair, slowly bend your body forward putting your head between your knees and your hands down to the floor. Hold this for 15 sec. then relax.



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ONE-LEG CROSSOVER

Lie on the ground facing up. Slowly bring your left knee up and then gently bring it across your body. Hold this for 15 sec. then relax. Repeat with the opposite leg.



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SEATED ROTATION

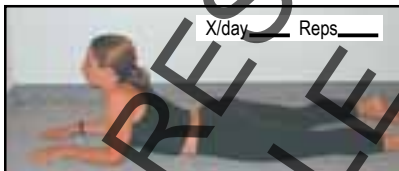
Sitting on a chair, turn to your right using the back of your chair for support. Hold for 15 sec. then relax. Repeat, turning to the left.



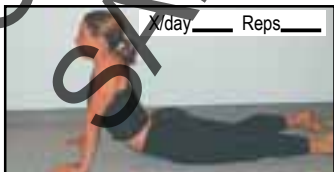
Caution: If these exercises cause discomfort, discontinue and consult a health professional.

ELBOW RAISES

Lying face down, gently extend your low back as you come up onto your elbows. Hold for 15 sec. then relax.

 **STRAIGHT-ARM RAISES**

Lying face down, gently extend your back until your arms are straightened. Hold for 15 sec. then relax.

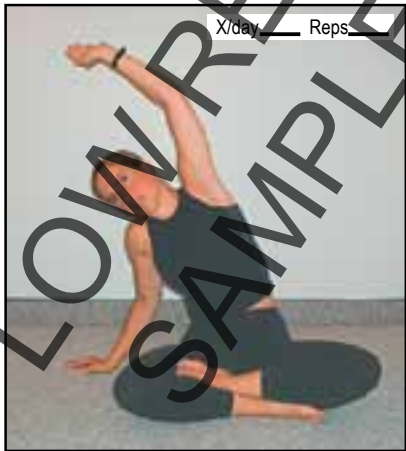


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LATERAL FLEXION

Sit on the floor, with your right hand on the ground beside you for stability. Slowly lean over to the right as you reach your left hand over your head. Hold for 15 sec. then relax. Repeat, bending to the opposite side.

X/day _____ Reps _____



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HAMSTRING

Sitting on the floor, stretch one leg out in front of you. Straighten your leg so that the knee is not bent. Slowly bring your chest down towards your knee until you feel a light stretch in the back of your leg. Hold for 15 sec. then relax. Do the same with the other leg.



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Perform the strengthening exercises that have been marked by a check

Extension Strengthening

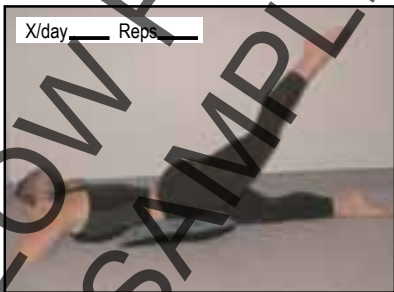
- One Leg Extension
- Trunk Extension
- Kneeling Leg Extension
- Cross Crawl

Abdominal Strengthening

- Crunches
- Twisting Crunches

ONE-LEG EXTENSION

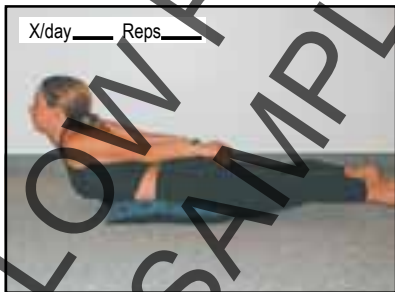
Lie face down with a pillow under your lower abdomen. Lift your left leg up, hold for 3 sec. and then lower it back to the floor. Repeat with your opposite leg.



Caution: If these exercises cause discomfort, discontinue and consult a health professional.

TRUNK EXTENSION

Lie face down with a pillow under your lower abdomen. Place your hands behind your back and extend your head and shoulders backwards as you lift your chest up off the floor. Hold for 3 sec. and then lower your chest back to the floor.



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KNEELING LEG EXTENSION

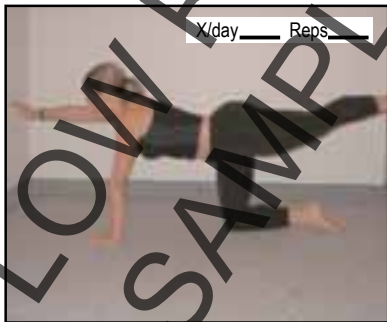
Kneeling on a soft surface, slowly extend your right leg out behind you. Hold for 3 sec. then relax. Repeat with your left leg.



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CROSS CRAWL

Kneel down on a soft surface. Slowly extend your right leg back as you stretch your left arm forward. Hold for 3 sec. then relax. Repeat with your opposite arm and leg.



Caution: If these exercises cause discomfort, discontinue and consult a health professional.



CRUNCHES

Lie on your back with your knees bent and your hands held lightly behind your head. Slowly bring your shoulders straight up off the ground as you tighten your stomach muscles. Your head should rest gently on your hands and should not be pulled forward. Hold for 3 sec. then relax.



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TWISTING CRUNCHES

With twisting crunches after you bring your shoulders off the ground slowly twist the left shoulder towards the opposite knee. Hold for 3 sec. then relax. Repeat twisting the other way.



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LOW RES.
SAMPLE