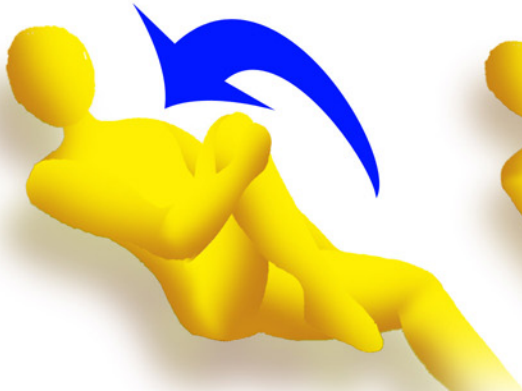


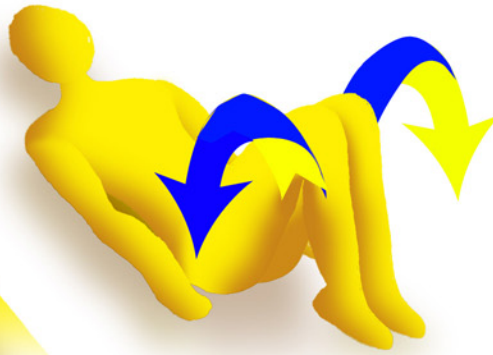
Low Back Exercises

Please do these exercises daily, preferably frequently for a few times.
If pain occurs during any exercise, **STOP!**



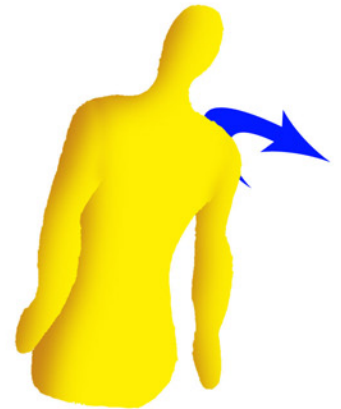
KNEE HUGS

Bring knee to chest, hold for a few seconds and then return, slowly to ground, repeat with the other leg



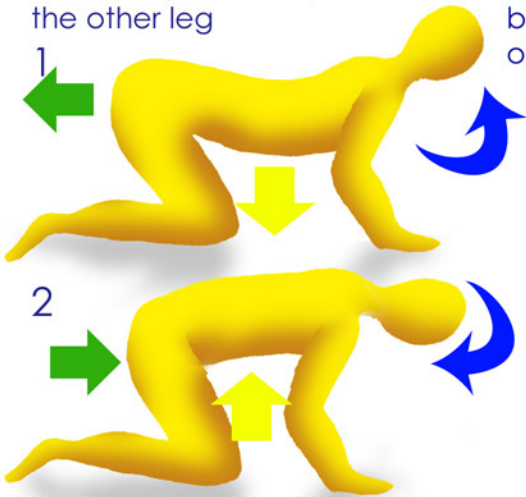
KNEE ROLLING

from the face up position, draw both feet to the buttocks. Allow both knees to drop to one side, bring the knee back to neutral and repeat on the opposite side.



SIDEBENDING 1

Standing on a firm surface, run hand down leg, so that the spine bends sideways. Try not to twist round or bend forwards.



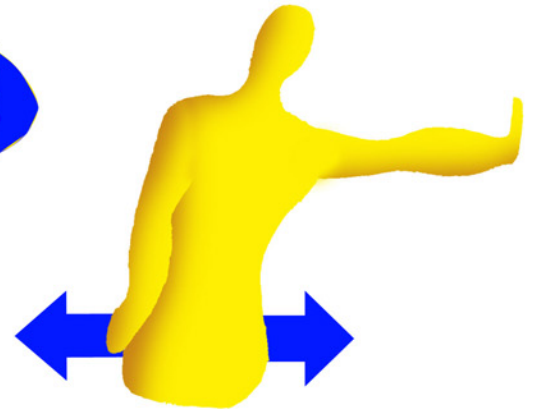
CAT STRETCH

[1] assume crawl position, tuck head in, arch back, bring bottom forwards slowly. [2] Push head, back, drop back downwards, slowly push bottom rearwards.



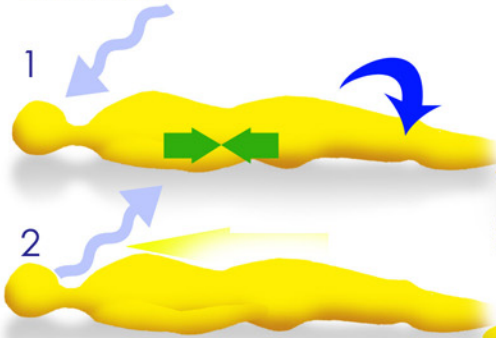
ROTATION

Place hands behind the base of the neck. Bring feet towards buttocks. Touch left elbow to right knee, slowly. Bring elbows back to the middle and repeat on the opposite side.



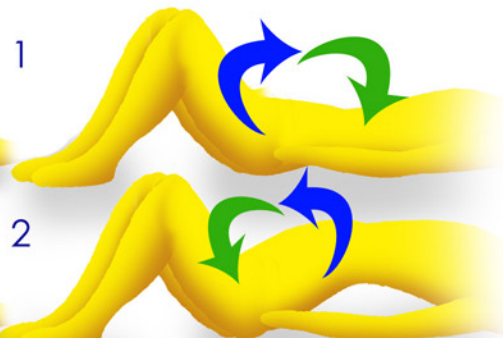
SIDEBENDING [2]

standing on a firm surface, lean against wall, move pelvis towards the wall, hold for a few seconds and return to the straight position. Move pelvis away from wall, bending the spine.



Breathing Exercise

[1] Take a low deep breath in, gently push your legs into the ground, just enough to tense the back muscles
[2] relax as you breathe out, imagine breathing out all the pain.



Pelvic Tilt

[1] Arch back up, push bottom down, hold for a few seconds then relax. [2] Lift bottom up a little, push back downwards to reduce the arch.



BOTTOM WALKING

Sitting on a bed, swing one side of pelvis forwards, followed by the other side. Use hands and feet for support. This produces a walking motion.

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Design

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