



Suné du Toit & Associates

Lumbar spine exercises

Rotation

1. Lie on your back with knees bent and feet on floor, arms out to side shoulder height
2. Keep your knees together and bring both knees to one side as far as it feels comfortable
3. Return to start position
4. Repeat as no. 2 to other side
5. Repeat 10 times x 3 sets x 3 per day

Flexion

1. Lie on your back with knees bent and feet on floor
2. Bring one knee to your chest and hold the knee with one hand
3. Bring the other knee to your chest and hold the knee with the other hand
4. Pull both knees gently to chest to feel stretch in back
5. Hold stretch for 5-10 seconds
6. Release stretch but do not lower feet to floor
7. Repeat no. 5 x 10 times x 3 sets x 3 per day

Extension

1. Lie on your stomach with your palms of your hands on the floor in line with your head
2. Push your upper body away from the floor using your arms and not your back muscles until the hips want to lift off floor but limit movement if pain is felt in lower back
3. Lower the upper body back to the floor
4. Repeat 10 times x 3 sets x 3 per day

Please reduce the range of movement and repetitions if any of the exercises aggravates your symptoms during or after the exercise. Stop the exercise if your symptoms continue to be aggravated

even after reducing range and repetitions until your next physiotherapy session or contact the physiotherapist for advice.