



Bloomsbury Osteopathy

Low Back Exercises

Lumbar Spine Mobility Exercise

LSPM03

Function:

To increase range of movement in the lumbar spine, to stretch associated muscles and soft tissues, and to maximise spinal joint health.

Method:

Starting Position:

Lie on your back on a flat surface with knees bent to 45°, feet flat on floor and slightly apart.

Notes:

It is important to keep the hips flexed and knees up towards the chest during the exercise as this flattens and therefore protects the lower back.

Another variation is to use an exercise ball between your legs (LSPM07), Also see LSPM05, LSPM06

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

Action:

Bring both knees up to the chest as far as possible using your arms to pull the knees and pin them in position.

Hold this position for 30 seconds whilst breathing slowly and deeply. From this position, release the knees from being pinned, but keep them up by the chest. Allow the knees to fall to one side.

At end of range, hold the position for 30 seconds. Return to starting position.

STRETCHING OF THE:
MUSCLES, JOINTS AND LIGAMENTS OF THE LUMBAR SPINE, (THE LOWER BACK)
(LSPM03)

