



Bloomsbury Osteopathy

Low Back Exercises

Lumbar Rotational Stretch (using a Swiss ball)

LSPM07

Function:

To stretch, lengthen and relax the muscles and joints of the lumbar spine (lower back). Also helps to mobilise and stretch the upper back. Also helps to strengthen your abdominal obliques and lumbar muscles.

Method:

Starting Position:

Lie on your back on an exercise mat. Place your legs on top of a well-pumped "Swiss ball". Open your arms out by your sides to ensure that the upper back remains fixed on the floor.

Action:

Rotate your legs, pelvis and lower back slowly to the left and then to the right. Pause for about 3 seconds at the end of each rotation. Repeat this for the prescribed number of times.

Notes:

For those with good physical strength, this exercise can be performed with the pelvis slightly raised off the ground. This is more of a strengthening exercise. Consult your osteopath for more advice.

All exercises are available from

www.Bloomsbury-Osteopathy.co.uk

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STRETCHING OF THE:
MUSCLES, JOINTS AND LIGAMENTS OF THE LUMBAR SPINE
MAKING THE LUMBAR SPINE MORE MOBILE
(ALSO OF THE UPPER BACK)
(LSPM07)



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