



**Bloomsbury Osteopathy**

# Low Back Exercises

## Pelvic Tilt Stretching and Strengthening Exercise

### LSPM13

#### Function:

To increase stability and protect the joints of the in the lower back by strengthening the chains of deep abdominal and hip muscles.

#### Method:

##### Starting Position.

Lie on your back with hips and knees bent and feet comfortably apart. Arms should be under your head or by your sides.

#### Action:

Whilst breathing out contract your abdominal/core muscles and attempt to push your low back into the floor by tilting your pelvis upwards/backwards. Hold for 5 seconds before relaxing.

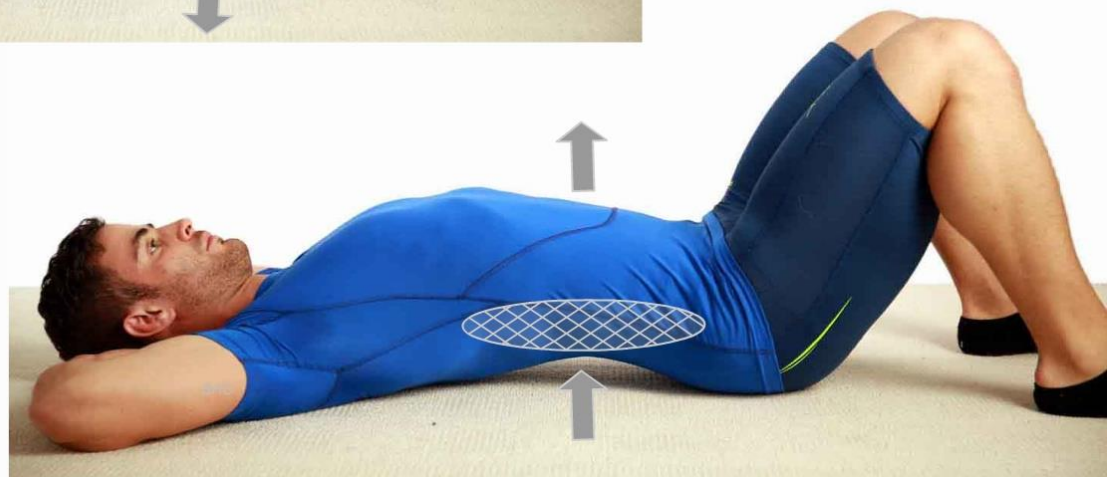
#### Notes:

It is important to perfect the movement of the pelvis, do not lift the buttocks away from the floor.

All exercises are available from  
[www.Bloomsbury-Osteopathy.co.uk](http://www.Bloomsbury-Osteopathy.co.uk)

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- STRETCHING OF:
1. THE MUSCLES, LIGAMENTS AND TENDONS OF THE LUMBAR SPINE
  2. STRENGTHENING OF THE LUMBAR SPINE
  3. IMPROVING EXCESSIVE LUMBAR CURVES (LSPM13)



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