



Bloomsbury Osteopathy

Low Back Exercises

Spine Stretch and Core Strengthening Exercise

LSPS02

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:

Position yourself on all fours with palms flat against the floor beneath the shoulders, and with thighs vertical beneath the hips. Ensure that the lumbar spine is flat not arched upwards or downwards.

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

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Action:

Take a deep breath and contract the abdominal muscle and hold the breath. Then slowly and in a controlled manner, extend opposite limbs (i.e. left leg and right arm) until both arm and leg are parallel to the floor. Return immediately to the starting position and exhale. It is imperative that the lumbar spine remains flat and that the abdominal muscles remain contracted throughout. Keep your chin down and do not extend the neck. Repeat with the opposite limbs as advised by your osteopath.

Notes:

To increase the strength of the core muscles as you are in the stretch position exhale fully and contract the abdominal muscles to the maximum. At the same time push your suspended hand and foot as away from each other as possible.

STRENGTHENING OF THE MUSCLES OF THE LUMBAR AND THORACIC SPINE
HELPS TO IMPROVE CORE STRENGTH AND STABILITY
HELPS TO ALIGN AND BALANCE THE SPINE
(LSPS02)

