

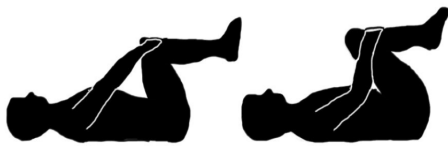
Low Back Mobility (Brief)

Before commencing any exercise on this sheet please ensure they are suitable for you to perform. This is to avoid injury or aggravation of any pain complaint you may already have.

To check the suitability of the exercises contact us at SSi.

Please be advised correct technique is essential when performing the exercises and incorrect form may lead to injury. To arrange an appointment to check your technique when performing the exercises please contact us at SSi.

Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.



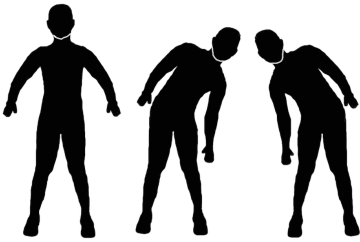
- 1) - Start by lying flat on your back with both knees bent.
- Lift both knees and place your hands on top of the knees (or on the back of the thighs if you experience any knee pain.). This is your start position.
- Gently pull the knees to the chest with the hands. Keep the action slow and controlled and only use a range of motion that is pain free.
- Pause briefly at the end of the movement then slowly return to the start position.
- Complete 30-50 reps.



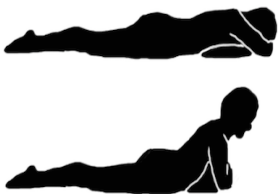
- 2) - Start by lying flat on your back with one leg out straight and the other knee bent and held by your hands. This is your start position.
- Gently pull the knee to the chest with the hands. Keep the action slow and controlled and only use a range of motion that is pain free.
- Pause briefly at the end of the movement then slowly return to the start position.
- Complete 30-50 reps.
- You may repeat this exercise on the other knee.

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- 3) - Stand with your back and shoulder blades against the wall and the palms of the hands flat to the wall.
- Slowly slide the hand down one side against the wall, keeping your shoulder blades in contact at all times throughout the movement.
- Pause briefly at the end of pain free range of motion then slowly return to the upright position.
- Repeat in the other direction. This counts as 2 reps.
- Complete 30-50 reps.



- 4) - Lie on your front as flat as possible with a pillow under your chest and arms.
- Keeping your back relaxed slowly crawl your elbows into your chest, bunching up the pillow and lifting the chest upwards as you go.
- Ensure you do not experience pain at any point in the movement. If you feel pain then limit the range of motion to keep pain free.
- Once you reach your maximum range of pain free movement pause here for 5 seconds before slowly returning to the start position.
- Complete 15-20 reps.
- There should be very little sensation when performing this exercise. You may have a light pull into the low back.