

## Low Back Mobility [Full List]

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.

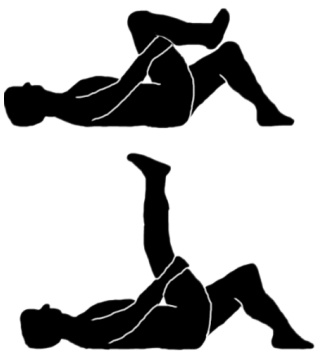
**Please be advised that you undertake any exercise on this sheet at your own risk. All exercises should be performed completely pain free at all times.**



- 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.



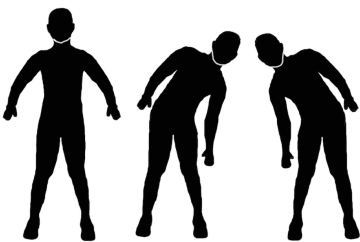
- 3) - Lie on your back with the hands behind the thigh of the target leg, holding the knee just past the level of the hip and the other leg bent with the foot flat on the floor.  
- Keeping the upper part of the target leg fixed with the hands, pull the foot up so the ankle is bent and fix the foot in this position.  
- Slowly straighten the target leg moving only the lower part of the limb. Move as far as is comfortable, until you feel a pull or stretch in either the low back, thigh, calf or foot. It is unlikely you will manage to fully straighten the leg.  
- Pause here briefly for control (1-2 seconds) then slowly return.  
- Complete 20-30 reps.

## Low Back Mobility [Full List]

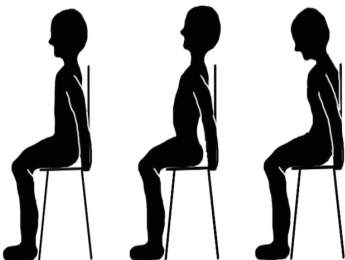
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- 4) - Lie on your front as flat as possible with a pillow under your chest and arms.  
 - Keeping your back relaxed slowly crawl your elbows into your chest, bunching up the pillow and lifting the chest upwards as you go.  
 - Ensure you do not experience 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.



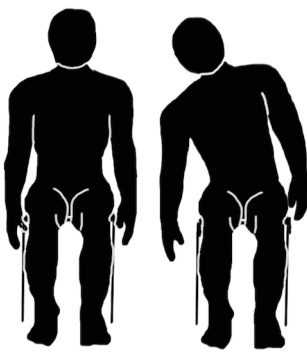
- 5) - Stand with your back and shoulder blades against the wall and the palms of the hands flat to the wall.  
 - Slowly slide the hand down one side against the wall, keeping your shoulder blades in contact at all times throughout the movement.  
 - Pause briefly at the end of pain free range of motion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



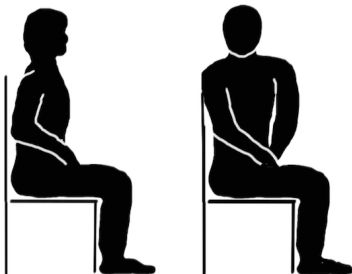
- 6) - Sitting in a chair place the hands behind you for support. This will allow you to take your weight off your back by bracing with the arms if needed.  
 - Start with the body in an upright position and low back in neutral.  
 - Slowly proud the chest and arch the lower back as far as possible within a pain free range of motion.  
 - Once you reach your maximum range of pain free motion pause here for 1-2 seconds then slowly return to the neutral start position.  
 - As a continuous action move through the neutral start point into a slumped position, ensuring you remain within a pain free range of motion.  
 - Pause at the maximum range of pain free motion for 1-2 seconds then slowly lift back to the neutral start point. This counts as one rep.  
 - Complete 20-30 reps.  
 - There should be very little sensation when performing this exercise. You may have a light pull into the low back.

## Low Back Mobility [Full List]

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- 7) - Start in an upright position with your arms by your sides.
- Ensure you do not allow your hips to lift during the movement.
  - Slowly tip your shoulders and torso to the side, allowing the arm on that side to slide down the chair towards the floor.
  - Move as far as possible without pain.
  - Briefly pause here then slowly return to the start position and repeat to the other side. This counts as 2 reps.
  - Complete around 30-40 reps.



- 8) - Start in an upright seated position.
- Ensure you keep your hips still within the chair at all times.
  - Slowly rotate your torso and shoulders as far as possible without pain.
  - Briefly pause here then slowly return to the start position and repeat to the other side. This counts as 2 reps.
  - Complete around 30-40 reps.