

LUMBAR FLEXION EXERCISES

TIPS FOR PERFORMING THESE EXERCISES

✓ Centralization:

- The closer the pain is to your spine, the better. (e.g. the pain is better in your foot than in your knee)
- An increase in your low back pain can be expected. This is acceptable as long as your leg symptoms are not increasing

✓ Stop the exercise and let your doctor or therapist know right away if you have either of these problems:

- Any change in your bowel or bladder control
- Any increase in weakness in your leg or foot

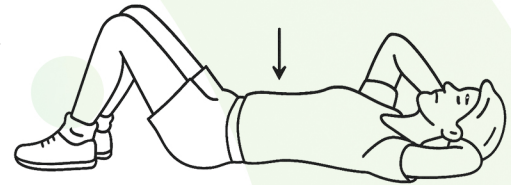
✓ If Your Pain Returns:

- Adjust your posture
- If no improvement, begin your exercises

DO EACH EXERCISE _____ TIMES A DAY

✓ POSTERIOR PELVIC TILT

- Lie on your back with your hands at your side and your knees bent
- Tighten the muscles of your lower abdomen and your buttocks, to flatten your back against the floor
This is the pelvic tilt (flat back) position
- Repeat exercise _____ times
- Hold position for _____ seconds



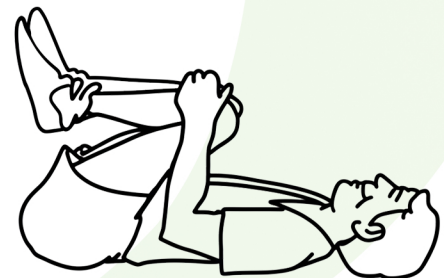
✓ SINGLE KNEE TO CHEST STRETCH

- Lie on the floor, table or bed
- Rest your _____ leg on the floor or let it dangle off the table or bed
- Bend the other leg and wrap your hands around your knee
- Pull the bent leg toward your chest
- Repeat exercise _____ times
- Hold position for _____ seconds



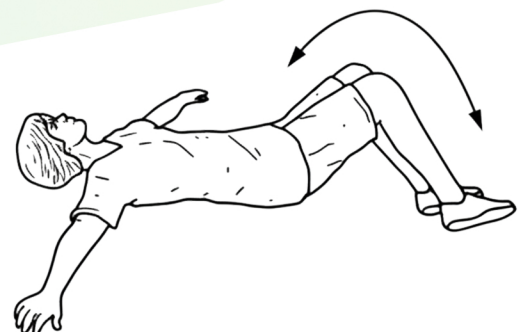
✓ DOUBLE KNEE TO CHEST STRETCH

- Lie on your back
- Bring both knees, one at a time, to your chest
- With your hands clasped, pull your knees toward your chest and curl your head forward
- Keep your knees together and your shoulders flat on the floor
- Lower your legs one at a time
- Repeat exercise _____ times
- Hold position for _____ seconds



✓ LUMBAR FLEXION WITH ROTATION

- Lie on your back with your hands at your side and your knees bent
- Rotate your knees towards the pain
- Repeat exercise _____ times
- Hold the position for _____ seconds



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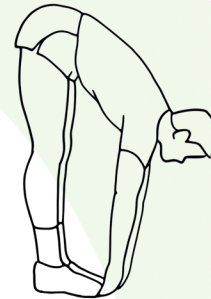
✓ SEATED LUMBAR FLEXION

- Sit upright in a chair
- Slowly bend forward until you feel tension in your back
- Repeat exercise _____ times
- Hold position for _____ seconds
- Option: Perform with rotation to painful side



✓ STANDING LUMBAR FLEXION

- Stand upright with feet spread shoulder width apart
- Slowly bend forward, sliding your hands down your legs, until you feel tension in your back
- Repeat exercise _____ times
- Hold position for _____ seconds
- Option: Perform with rotation to painful side



✓ PARTIAL SIT-UP

- Lie on your back with your hands at your side and your knees bent
- Use your abdominal muscles to raise your upper back off the floor, while exhaling
- Rise up only enough to get your shoulder blades off the floor
- Do not thrust yourself off the floor or lift your head with your arms
- Keep your knees bent and your feet flat on the floor
- You should feel the contraction only in your abdominal muscles
- Gently lower your upper body down
- Make the motions smooth and relaxed
- Repeat exercise _____ times
- Hold position for _____ seconds



✓ PARTIAL DIAGONAL SIT-UP

- Lie on your back with your hands at your side and your knees bent
- Use your abdominal muscles to raise your upper back off the floor, while exhaling
- Raise your upper body off the floor with one shoulder slightly higher than the other
- Do not thrust yourself off the floor or lift your head with your arms
- Keep your knees bent and your feet flat on the floor
- You should feel the contraction only in your abdominal muscles
- Make the move smooth and relaxed
- Gently lower your upper body down
- Repeat the exercise raising the other shoulder higher
- Repeat exercise _____ times
- Hold position for _____ seconds

