

## Lumbar Spine Range of Movement Exercise Program



Lie on your back with knees bent.  
Tighten your stomach Muscles by pushing your back downwards.  
Continue the exercise by pushing your bottom down and tightening your back muscles to arch your lumbar {lower} spine up - relax.  
Repeat 10 times.



Lie on your back with your knees bent and your feet on the floor  
Now lift one knee towards your chest.  
Place your hands behind the knee draw it into your Chest hold for 10 secs.  
Repeat 5 times



Lie on your back with knees together and bent.  
Slowly roll your knees From Side to Side keeping your upper trunk still.  
Hold the stretch for 10 seconds.  
Repeat 5 times.

## Lumbar Spine Range of Movement Exercise Program



Lie on your back with your knees bent **and** feet on the floor  
Lift your knees towards your chest.  
Place your hands behind both knees  
and draw them towards your chest.  
Hold 10 secs.  
Repeat 5 times.



Standing.  
Bend sideways at the waist and  
straighten again.  
Repeat 10 times  
Repeat on other side.



Sit on a chair with your legs apart and feet  
firmly on the floor. Place hands across chest  
or hold a band or a stick behind your neck as  
shown in the picture.

Twist your upper trunk from side to side. Let  
your head follow the movement. Hold stretch  
for 5 seconds each side.

Repeat 10 times.

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## Lumbar Spine Range of Movement Exercise Program

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Sit on a chair with your legs apart.

Bend your head and trunk down between your knees rounding your upper body as much as possible. Hold for 10 seconds.

Repeat 5 times.

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Lie face down, leaning on your elbows/forearms.

Arch the small of your back by pressing your pelvis and your stomach to the floor. Now bend your upper back upwards keeping forearms on the floor.

Hold approx 10 seconds.

Repeat 5 times.

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Stand straight with feet apart.

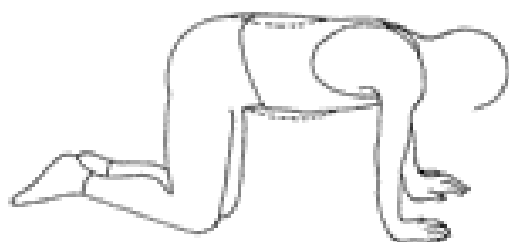
Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise. Hold for 10 seconds.

Repeat 5 times.

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## Lumbar Spine Range of Movement Exercise Program

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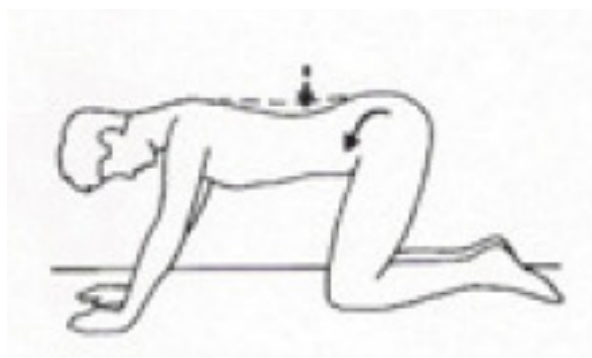


On hands and knees with the knees under the hips and the back relaxed.

Squeeze the buttocks and hollow the stomach to tuck the pelvis and flex the whole back up. Lead with the pelvis. You should feel a stretch along the back muscles.

Hold for 10 seconds

Repeat 5 times.



On hands and knees with the knees under the hips and the back flat.

Let the back relax into an arched position by leading with an active forward tilt of the pelvis. Move slowly, use minimal effort and do not strain the arched position.

Hold for 10 seconds

Repeat 5 times.

## Thoracic Spine Rom Exercise Program



Sit on a chair and cross your arms over your chest clasping the opposite shoulder.

Bend your upper trunk forward while at the same time rotating and sidebending to the same side. Breathe out during the exercise.

Repeat to the other side.

Repeat 10 times.



Clasp your hands behind your neck. While breathing out let the weight of your arms stretch neck and upper trunk downwards. Hold the stretch for 5 seconds.

Repeat 10 times.



Sit on a chair. Put your hands behind your neck (or cross them on your chest)

Bend to the side. Hold stretch for 5 seconds.

Repeat to the other side.

Repeat 10 times.

## Thoracic Spine Range of Movement Exercise Program



Sit on a chair holding a stick in both hands.

Lift the stick up with your arms straight and extend your upper trunk at the same time.

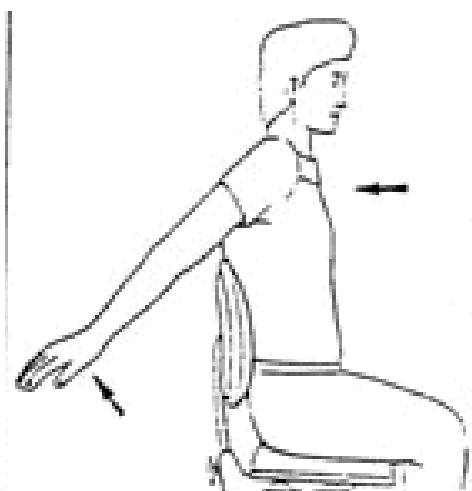
Repeat 10 times.



Crawling Position.

Arch your spine upwards while letting your head relax between your arms.

Repeat 10 times.



Sit with your back straight and feet firmly on the floor.

Pull your shoulder blades together while turning your thumbs and hands outwards.

Repeat 10 times.

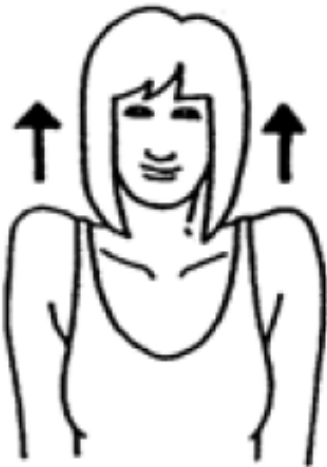
## Cervical Spine Exercises



Sit or stand.

Roll your shoulders a full circle in both directions.

Repeat 10 times.



Sit or stand.

Lift your shoulders hold for 5 seconds then relax

Repeat 10 times.



Sitting.

Bend your head forward until you feel a stretch behind your neck.  
Hold approx 5 seconds.

Repeat 10 times.

## Cervical Spine Exercises

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Sitting with your hands clasped behind your head.

Bend your head forward until you feel a stretch behind your neck. Gently pull your head further forward. Hold approx 5 seconds.

Repeat 10 times.

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Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Hold approx 5 seconds. Repeat to other side.

Repeat 10 times.

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Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. Hold approx 5 seconds. Repeat to the other side.

Repeat 10 times.

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## Cervical Spine Exercises

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Sitting.

Turn your head to one side until you feel a stretch. Hold approx 5 seconds. Repeat to the other side.

Repeat 10 times

Do not turn your head so far that you experience pain.

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Sitting.

Turn your head to one side until you feel a stretch. Using your hand gently push your head further round. Hold approx 5 seconds. Repeat to the other side.

Repeat 10 times.

Do not turn your head so far that you experience pain.

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Sitting.

Bend your head backwards as far as is comfortable. Hold approx 5 seconds.

Repeat 10 times.

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## Cervical Spine Exercises

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Lie on your back on the floor.

Press the back of your head towards the floor while pulling in the chin until you feel the stretching of your upper neck. Hold approx 7 seconds.

Repeat 10 times.

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Sitting.

Try to turn your head to one side while resisting the movement with your hand. Hold approx 5 seconds. Repeat on the other side.

Repeat 10 times.

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Sitting.

Tilt your head to one side while resisting the movement with your hand. Hold approx 5 seconds. Repeat to the other side.

Repeat 10 times.

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