

5(a) Kneel on all fours. Keeping your elbows straight throughout, tuck your head between your arms and arch your back as high as possible.



5(b) Lift your head and hollow your back as much as possible.



Basic Home Exercises for Spinal Mobility

Leaflet 2 Floor Exercises

EXERCISE PRESCRIPTION:

EXERCISES:

NUMBER:

Floor Exercises

This leaflet is designed to help you remember the advice given you by your physiotherapist. Exercise forms an essential part of your treatment; if you follow advice about it, you are likely to increase the amount of improvement you experience.

We hope that our advice helps you develop a long term approach to activity and lifestyle. You can contact us for further advice about your exercises for as long as you remain under the care of the Rheumatology Department.

Rheumatology physiotherapists:

Tel. (01803) 655345

Rheumatology Department :

Tel. (01803) 654832

1. Lying flat to stretch your back (no picture)

Lie on your tummy or back with straight legs. If you lie on your back try to only use a thin pillow or rolled towel under your head.

Stay in the lying position for at least 10 minutes. Try listening to music or the radio to pass the time.

2(a) Lie on your back with both knees bent and your feet on the floor.



3(a) Lie on your back with both knees bent and your hands on your thighs



Repeat exercise 3, but this time sliding your hands up the side of your thigh. Repeat to each side



2(b) Lift your hips off the floor as high as possible and hold for 5 seconds before lowering slowly.



3(b) Slide your hand up the fronts of your thighs lifting your head and shoulders



4. On your hands and knees reach up with one arm whilst lifting opposite leg. Repeat to each side

