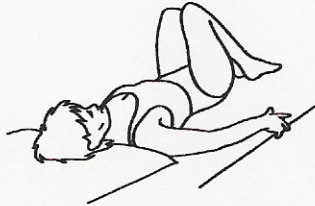


## BACK EXERCISE SHEET

PRODUCED BY: DR HASAN TAHIR & MR CLIVE SUTTON



Lying on your back with knees together and bent. Slowly roll your knees from side to side keeping your upper trunk still.

Repeat 15 times.

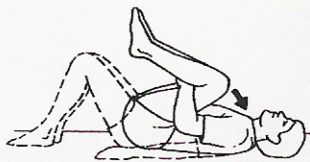
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Lying on your back. Pull one leg up at the hip to shorten the leg. Repeat with other leg.

Repeat 10 times.

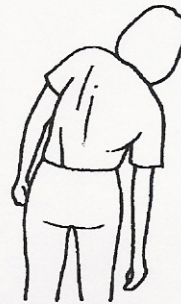
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Lying with your knees bent and feet on the floor. Place your hands behind both knees and draw them towards your chest. Hold 5 secs.

Repeat 10 times.

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Standing. Bend sideways at the waist.

Repeat 15 times.

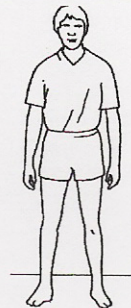
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Stand straight with feet apart. Support your back with your hands while bending back. Keep your knees straight during the exercise.

Repeat 15 times.

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Standing with your feet hip width apart. Draw your lower stomach in, and keep breathing. Maintain contraction for 10 breaths.

Repeat 10 times

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- START THE EXERCISES GENTLY, THE REPETITIONS ARE A GUIDE
- AIM TO PERFORM THE EXERCISES MORNING, LUNCH AND EVENING
- IF THE EXERCISES MAKE THE PAIN WORSE, STOP FOR 2-3 DAYS
- START AGAIN VERY GENTLY, IF THEY STILL MAKE THE PAIN WORSE SEEK ADVICE AS NECESSARY