



ADVANCED BACK CARE

Description

Start by doing 15 reps of each exercise once a day aiming to increase your reps by 1 rep every second day until you are comfortably doing 20 reps of each exercise.

As your muscles strengthen and your flexibility improves increase your program to 2 sets of 20 reps even if you have to do them at different times of the day.

For best results do the exercise first thing in the morning and last thing at night and combine with some simple stretches during the day at work.

Tips

These exercises should be done every day and preferably before eating.

During all the shown exercises remember to :

- make all movements slow and controlled
- brace your abdominals during each exercise
- when lying on the floor maintain an arched lower back
- breathe deeply through each exercise
- do not overstrain any of the movements
- feel the stretch but not the pain
- focus on maintaining good posture throughout the exercise
- stop if you feel something does not feel right, seek medical attention



Sciatic Nerve Stretch

Lie on your back with your knees bent and arms by your side. Lift one leg, place your hands behind the bent knee and lift towards your chest. Extend your leg then point your foot towards the ceiling twice, then lower. Then repeat using your other leg.



Reverse Curl

Lie on your back, arms by your side and your knees bent with your feet on a raised block/bench. Tense your abdominal muscles. Lift one foot 10cm off the block/bench then the other foot. Then lower your first foot then your other foot.



Standing Stretch

Standing straight with your arms by your side, bend one leg backwards resting your foot on a bench/chair behind you. Tighten your abdominal muscles and bend the knee of your standing leg slightly. Push your hips forward feeling the stretch on the thigh of your back leg. Hold for 20 secs and repeat on other leg.



Hip Twist

Lie on your back with your knees bent and your arms out on the floor. Keeping both shoulders on the floor twist both your knees down to one side then over to the other side. Breathe out as you lower your knees and in as you raise them.



Diagonal Crunch

Lie on your back, knees bent and your hands at the side of your head. Breathe out as you roll up your spine lifting your shoulders off the floor. Then move your right shoulder towards your left knee. Do not pull on your head. Then repeat to the opposite side.



One Leg Bridge

Lie on your back, arms by your side and your knees bent. Press your lower back flat to the floor. Slowly lift your pelvis as high as possible. Then slowly straighten one leg, keeping your back straight, and then return to the floor and repeat using your other leg.



Slow Sit Down

Standing with your arms by your side, tighten your abdominal muscles. Slowly lower to a chair behind you. You should take 10 to 20 seconds to lower yourself. As soon as you touch the chair with your body return to the standing position.



Partial Knee Bend

Standing with your arms by your side, tighten your abdominal muscles. Balance on one leg and do 10 small knee bends with your standing leg. Then do 10 knee jerks with your raised bent leg. Then repeat using your other leg.