



TAGS

**PHYSIO & REHAB
SPECIALISTS**

Home Exercise Program

Lower Back Exercises

Precautions:

1. Please exercise according to your therapist's prescription.
2. If you feel any discomfort after the exercise, please immediately stop and consult your therapist.

CAT AND CAMEL

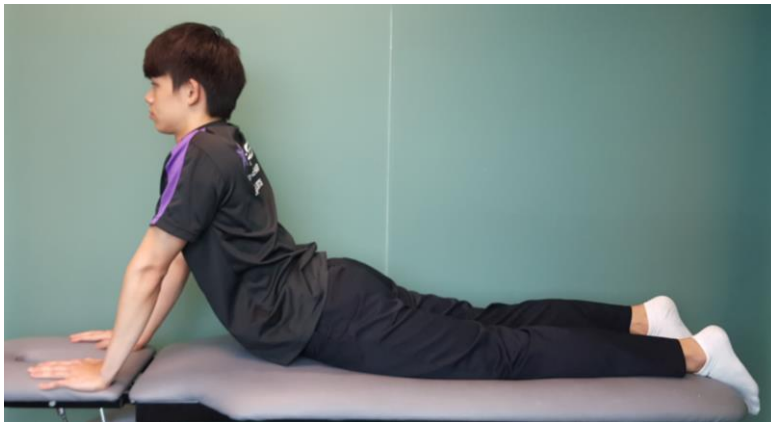


INSTRUCTIONS :

1. All four position
2. Head look down, tuck in your stomach and curve your back
3. Arch your back and look up.
4. Keep your elbow straight

| HOLD | REPEAT | SET |
|-----------|----------|-------------|
| 10 counts | 10 times | 2-3 set/day |

LOWER BACK STRETCH



INSTRUCTIONS :

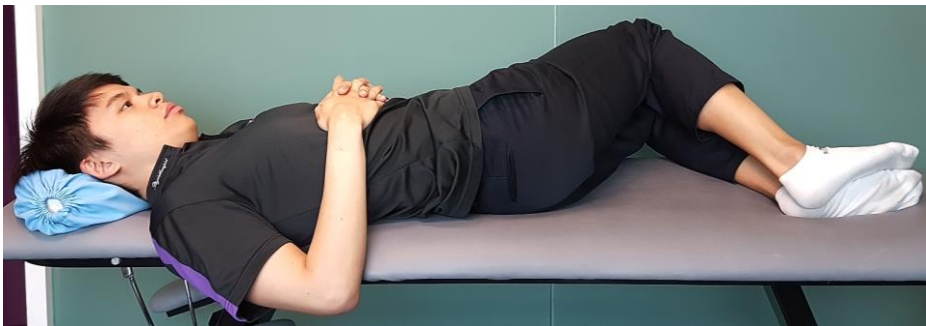
1. Child's pose
2. Lower buttock seated on heels and arms remain stretch forward
3. Push your body forward with elbow straight and rest your tummy on the bed

| HOLD | REPEAT | SET |
|-----------|----------|-------------|
| 10 counts | 10 times | 2-3 set/day |

ROLLING

INSTRUCTIONS :

1. Face up
2. Bend both knees and turn from side to side



| HOLD | REPEAT | SET |
|-----------|----------|-------------|
| 10 counts | 10 times | 2-3 set/day |

INTERCORE 1



INSTRUCTIONS :

1. Face up, bend both knees and relax
2. Breathe in through your nose
3. Tuck in tummy, press your back down and try to hold your bladder
4. Breathe out through your mouth slowly
5. You should be able to breath & talk during exercise

| HOLD | REPEAT | SET |
|-----------|----------|-------------|
| 10 counts | 10 times | 2-3 set/day |

PELVIC BRIDGING

INSTRUCTIONS :

1. Bend both knees
2. Pelvic lift up (make sure the pelvic are in the same level)



| HOLD | REPEAT | SET |
|-----------|----------|-------------|
| 10 counts | 10 times | 2-3 set/day |

HIP EXTENSION WITH KNEE FLEXION 90° (GLUTEUS MAXIMUS)



INSTRUCTIONS :

1. Face down
2. Straighten both legs
3. Bend one knee (about 45°)
4. Lift up the hip
5. Ensure the hip is not rotated

| HOLD | REPEAT | SET |
|-----------|----------|-------------|
| 10 counts | 10 times | 2-3 set/day |