



**OSTEOPATHY
SPORTS MASSAGE**

GD Osteopathy & Sports Massage

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Exercise plan:
Back Pain (Mobility)

Patient:
Patient Exercises



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Pelvic Tilt Lying

Lie flat on your back, and engage the deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor. Hold here for a count of three.

Sets: 2 | Repetitions: 10

Double Leg Back Stretch

Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop.

Sets: 2 | Time: hold 20-30 seconds



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Hamstring Stretch 9 Bent Knee

Lying down on your back. Bring your hip to 90 degrees, or further. Keep some bend in your knee, and then gently pull your leg towards you to feel a stretch behind your thigh (in the hamstring muscles).

Sets: 2 | Time: hold 20-30 seconds | Both sides



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Lumbar Rotation

Bend your knees, and keeping your feet flat on the floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side.

Sets: 2 | Repetitions: 10 | Both sides



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Back Extension Gentle

Lie on your front, and rest on your forearms. Your back will be gently arched. Hold this position. Start gently with this exercise as it can cause some stiffness when you first begin.

Sets: 2 | Time: hold 20-30 seconds



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Hip Flexor Stretch

In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backwards as shown. Use a pillow under your knee if you find you need the padding.

Sets: 2 | Time: hold 20-30 seconds



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Ice to Lower Back (Sitting)

Sitting on a chair, place an ice pack or packet of frozen peas over your lower back. Be careful that its not too cold, you may need to wrap it in a thin towel. The ice helps reduce inflammation and pain.

Repetitions: 2-5 x day | Time: 10 minutes



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Sleeping Position Side

If you find sleeping uncomfortable, try lying on your side, and place a pillow between your knees. If you have leg pain or one-sided lower back pain, usually you will find it more comfortable to lie on the opposite side to your leg/back pain.



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Desk Posture Sitting

1. Elbows are at right angles with your upper arms, relaxed at the side of your body. 2. Wrists should be straight rather than bent up or down or deviated. 3. If possible your hips should be slightly higher than your knees. If you cannot place your feet on the floor in the above position you may need a footrest. If your knees are higher than your hips you may need the desk raised in height. 4. Your eyes should be level with the top of your display screen, which should be directly in front of you. 5. Do not wedge the telephone between your ear and shoulder. If you are right handed, hold it in your left hand so you can make notes if necessary. Consider using a headset if being on the phone is a large part of your job. 6. Use a copyholder if you work with documents. 7. Position the keyboard about 10cm from the front edge of the desk directly in front of you.



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1. Discontinue any exercise that causes you pain or discomfort
2. Pace yourself. These are gentle exercises try not to strain
3. Breathe slowly and deeply and don't hold your breathe
4. Stretch slowly and gently instead of bouncing
5. Muscle soreness usually only lasts for the first 3-4 days