



**OSTEOPATHY
SPORTS MASSAGE**

GD Osteopathy & Sports Massage

61a Southbury Road
Enfield
EN1 1PJ

Phone: 0800 612 6212
Email: glen@gdosteopathy.co.uk
Website: www.gdosteopathy.co.uk

Exercise plan:
Low Back (Stabilisation)

Patient:
Patient Exercises



© rehabmypatient.com

Neutral Four Point Position

Go on to all fours, and make sure your hips, knees and shoulders are aligned to 90 degrees. Keep a gentle curve in your lower back. If you wish, check your posture by using a dowel rod to ensure three points of contact - your head, your upper back, and your sacrum. If you do not have a dowel rod, try a broom stick or a golf club.

2 Point Kneeling

Adopt a 4 point position on your hands and knees. Maintain good posture, and gently contract the deep abdominal muscles by drawing your belly button in (towards your spine). Lift one hand and the opposite knee 2-3cm off the floor. Use your other shoulder and leg to stabilise you. This exercise strengthens the deep core muscles.

Sets: 3 | Time: hold 30 seconds | Both sides



© rehabmypatient.com

Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Sets: 3 | Time: hold 30 seconds



© rehabmypatient.com

Side Plank Kneeling

Lie on your side, and form a bridge between your knees and forearms (by lifting your pelvis). This exercise works the abdominal and Oblique muscles.

Sets: 3 | Time: hold 30 seconds | Both sides



© rehabmypatient.com

Oblique Curl Ups

Adopt the supine start position. Inhale to prepare. Exhale as you lengthen the back of your neck and nod your head forward, curling your upper body while twisting from the mid back directing the shoulder towards your opposite hip. Keep the back of your lower ribcage in contact with the floor, with your head relaxed in your hands. Do not allow your abdominals to bulge, and keep your pelvis neutral. Inhale to hold, exhale as you slowly return back to the starting position. Repeat as required.

Sets: 3 | Repetitions: 20 | Both sides



© rehabmypatient.com

Curl Ups

Adopt the supine start position. Inhale to prepare. Exhale as you lengthen the back of your neck and nod your head forward, curling your upper body. Keep the back of your lower ribcage in contact with the floor, with your head relaxed into your hands. Do not allow your abdominals to bulge, and keep your pelvis neutral. Exhale, as you slowly return back to the starting position. Repeat as required.

Sets: 3 | Repetitions: 20



© rehabmypatient.com

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