



Physiotherapy Department

Personal Exercise Programme

Back, Back General Mobility

Date : 19/09/2001



Lying face down with both your hands at shoulder height.

Straighten your elbows and lift your upper trunk as far up as you can. Keep your pelvis and legs relaxed.

Repeat ___ times.

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Sit on a chair with your legs apart.

Bend your head and trunk down between your knees rounding your upper body as much as possible. Hold approx. 20 secs.

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Stand straight with one hand on your hip and the other straight up.

Bend to the side with opposite arm reaching overhead. Keep your pelvis in mid-position.

Repeat ___ times.

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Lying on your back.

Keep your shoulders on the floor/bed while bringing one leg over the other twisting your lower back. (Knee straight or bent). Stretch approx. 20 secs.

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Lying on your back with knees bent and hands clasped behind your neck.

Lift your upper trunk by bringing your chin towards your chest and tightening your stomach muscles, then reach with your elbow towards your opposite knee letting the knee come up a bit. Return to starting position. Repeat with other side.

Repeat ___ times.

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Repeat ___ times.

Stand straight with feet apart.

Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

Repeat ___ times.

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