

lebas clinics stretch exercises - back (acute)



Pelvis Tilt - Forward

1. Lie on the floor with knees bent and feet together.
2. Slowly arch the back off the floor leading with a pelvic roll forward. Use minimal effort and **do not** strain the arched position.
3. 12 repetitions.
4. Repeat 1-2 hrs.



Pelvis Tilt - Backward

1. Lie on the floor with knees bent and feet together.
2. Pull stomach up and in by hollowing the lower abdominal wall to flatten gently back onto the floor. Assist this by pulling up and in the pelvic floor muscles. Do not allow the back to arch off the floor.
3. 12 repetitions.
5. Repeat 1-2 hrs.



Pelvis Roll

1. Lying on the floor, keeping knees together, roll knees to the left, touch the ground.
2. Hold for 20 secs.
3. Roll knees to the right, touch the ground. *Use Hands on thighs to assist if sore.*
4. Hold for 20 secs.
5. Repeat every 1-2 hrs.



Single Knee Hug

1. Lying on floor, hug knee up towards armpits. Keep lower leg straight.
2. Hold for 20 secs.
3. Repeat every 1-2 hrs.



Double Knee Hug

1. Lying on floor, hug knees up towards armpits.
2. Hold for 20 secs.
3. Repeat every 1-2 hrs.



Home Traction - "Chill Out Time"

1. Lie on the floor lift left legs onto a chair that allows the legs to be bent to 90°.
2. Your backside should feel like it's hanging off the floor.
3. Maintain for 15-20 mins.