



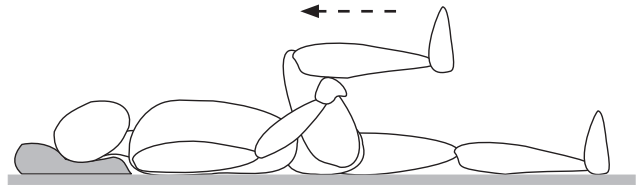
Lumbar spine flexion exercises

Exercises to be carried out times daily.

Lying on your back

Keep your back straight, with your head supported on a pillow. Gently pull alternate knees to your chest.

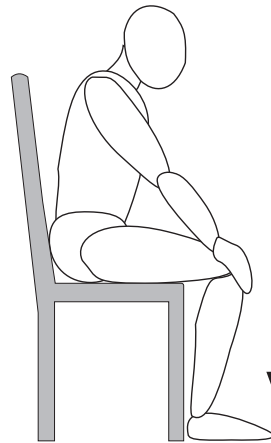
Repeat times.



Sitting in a chair

Run your hands down the front of your legs towards your ankles, then return to the upright position.

Repeat times.



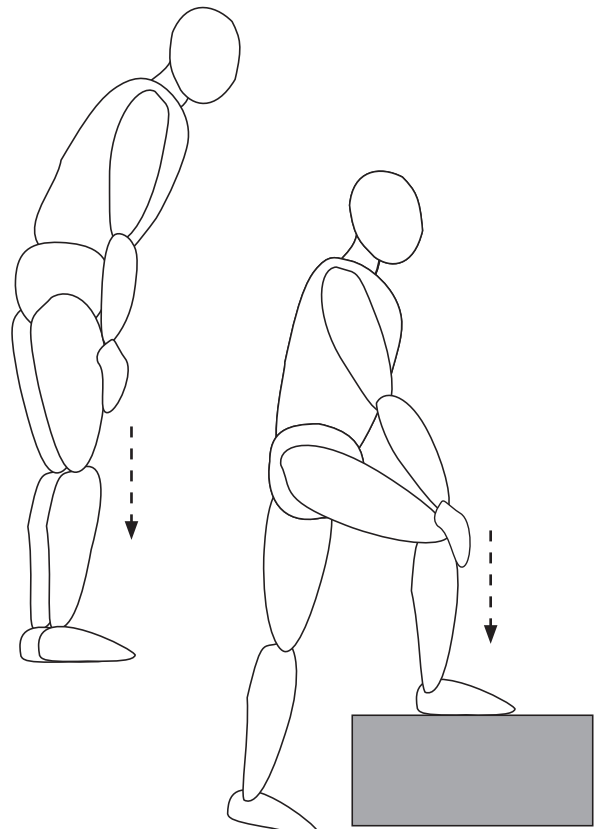
Standing

Keep your knees straight, slowly run your hands down the front of your legs towards your toes, return to the upright position.

Repeat times.

Repeat the above exercise with one foot on a step/stool.

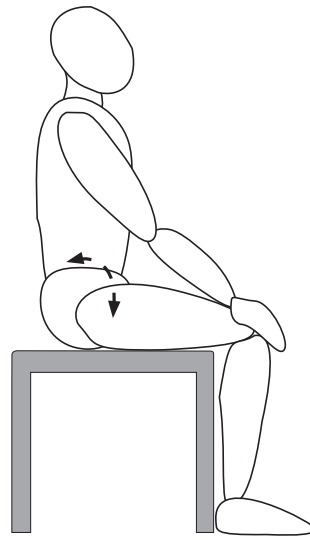
Repeat times.



In sitting

Sit upright, slowly tilt your pelvis backwards to flatten your lower back then return to the upright neutral position.

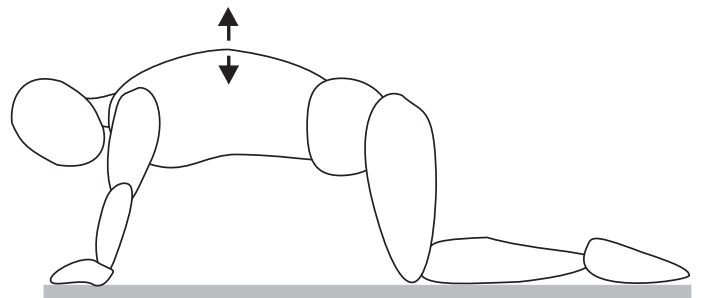
Repeat times.



Kneeling on all fours

Kneeling on all fours, keep your shoulders still, arch your back upwards gently then hollow back down, repeat slowly. Concentrate on it being the lower back leading the movement.

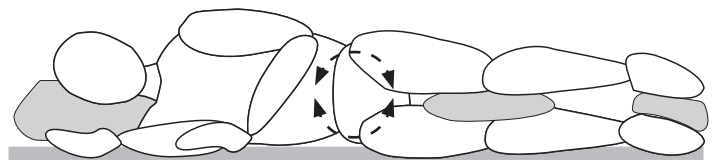
Repeat times.



Lying on your side

Keep your back straight, with your head supported on a pillow, tilt your pelvis forwards arching the small of your back then tilt your pelvis and the small of your back backwards to flatten it.

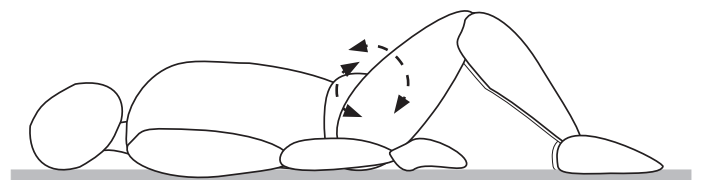
Repeat times.



Lying on your back

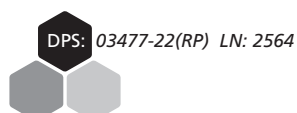
Keep your bottom on the bed, flatten the small of your back down onto the bed, then arch your back slowly.

Repeat times.



Please ask if you need this leaflet
in an alternative format.

Issued by:
East Suffolk and North Essex NHS Foundation Trust
Ipswich Hospital, Heath Road, Ipswich IP4 5PD
www.esneft.nhs.uk



Issue 5: August 2022 Review date: July 2025
© East Suffolk and North Essex NHS Foundation Trust, 2007-2022.
All rights reserved. Not to be reproduced in whole, or in part,
without the permission of the copyright owner.