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Increase Velocity · Increase Performance · Prevent Injury · Eliminate Pain. A PDF document with instructions and illustrations for various exercises to improve flexibility, stability and strength of the lower back muscles. The exercises are categorized by level of . Learn how to strengthen the muscles that support your spine after an injury or surgery. Download a handout with exercises and tips for spine conditioning. Feb 8, · from you. Hold this position for 5 seconds. Lower your arm and leg slowly and alternate sides. Do this 10 times on each side. • Pelvic tilt: Lie on your back with your knees bent and your feet flat on the floor. Tighten your abdominal muscles and push your lower back into the floor. Hold this position for 5 seconds, then relax. Do 3 sets of SPINAL REHAB EXERCISES FOR THE LOWER BACK The following exercises form part of our 8 week lower back rehabilitation programme and have been designed to compliment IDD, (medical) acupuncture, physiotherapy and/or osteopathy treatment at our clinics, they may also form the basis of post operative rehab for patients who have received spinal surgery.