



Lower Back Rehab Exercises Pdf

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Increase Velocity · Increase Performance · Prevent Injury · Eliminate Pain. Keeping your back flat and feet and knees together, rotate your knees to one side. Repeat with opposite side. Hold for _____ seconds. Repeat _____ times each side. Do _____ sessions per . Feb 8, ·

Upper Back Pain Rehabilitation Exercises: Repeat _____ Times, _____Times/ Day •

Pectoralis stretch: Stand in a doorway or corner with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold 15 to 30 seconds. Repeat 3 times.

Low Back Pain Home Exercises General Instructions • The low back exercise program is a series of stretching exercises and strengthening exercises prescribed by your physician for your medical condition. The purpose of this exercise program is to improve the flexibility and strength of your trunk musculatures essential for your low back care. 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. Through many years of treating patients suffering from low back pain, it has become clear to me that exercise can truly be the best medicine. The basis for exercises targeting low back pain is to improve pain, daily function, and reduce the risk of further injury.

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Rehabilitation exercises are critical for the recovery process. Focus on the lower back muscles as well as the supporting trunk muscles: stomach, hip flexors, hamstrings (back of the thigh). Do these exercises on a regular basis and you will see improvements in your posture, work endurance, and athletic performance.