

The “golden rules”

“Good posture should be a way of life. Every position you use, especially those used regularly, should be analysed”.

“Perfect posture all of the time is not possible, therefore regular adjustments are necessary”.

“Full range of motion is maintained by using your full range of motion. If you don't keep it, you will lose it”.

“keeping your chin tucked, and chest elevated is a good start for good posture, ie: good neck position helps create good lower back posture”

“Regular exercise that involves resistance, will help to make your back muscles have improved tone”

“Ask your Physiotherapist if your bed is suitable”

“Stop slouching - so much”

Lower Back Exercises

There is no absolute right or wrong way. The important point is that you use smooth controlled motion at all times, don't jerk or bounce at all. Some of the exercises are best repeated 5-20 times, while others are best held for up to 90 seconds. Get into a regular routine so that you do the exercises. Usually stretches are added to your fitness regime as a warm up or warm down. Others do the stretches at a set time eg first thing in the morning.

Hip/Abdominal muscles.

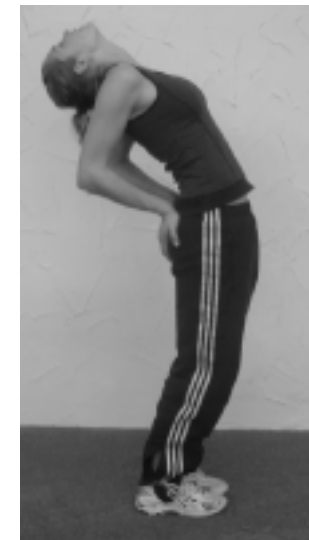
Lower back, hip and abdominal muscles are closely related. A problem with one, can cause a problem with the other. Unless you know a lot about training programmes it is not possible to self diagnose weakness and organise your own routine. You need professional advice. For an exercise programme to produce results you have to strictly follow it. Strong hip and abdominal muscles will provide necessary support to your back. Please check some of the other pamphlets provided for information about specific abdominal and leg exercises.

Discussion

The best way to prevent injury is to have strong, flexible muscles and joints that resist strain and injury. The back and neck respond to movement. Putting the back in a static position for long periods of time, such as sitting, lying down or driving etc, will increase the potential of back or neck sprain. The best prevention for neck and back sprain is movement. Adjust your body position regularly. Activity association can be used as a tool to remind you about postural correction, eg every time the telephone rings straighten up, or during an advertising break - go for a walk. There are numerous resources (eg books, internet) available which provide an inexhaustible source of information.

Photographs and content prepared by Kapiti Coast Physiotherapy Limited

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Lower Back Stretches and Postural Advice

“Please read the back page for instructions”

“Improving Your Performance”

www.kcphysio.co.nz

Back Stretches

“stiffness precedes most back injuries - so stretch”

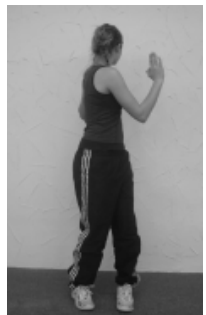
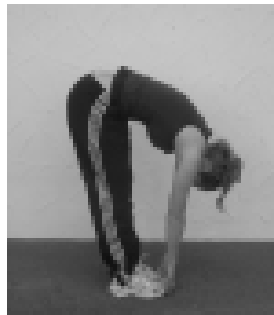


Lower Back Extension

Place your hands on the upper part of your buttocks, then lean backwards. Keep your legs as straight as possible. Try this while kneeling.

Lower Back Flexion

Keep your legs as straight as possible. Reach forward and attempt to grab your toes. Attempt to put your chin on your chest.



Trunk Rotations

Keep your legs as straight as possible with your feet shoulder width apart. Turn around as far as you can and touch a wall. Try this while kneeling.



Lower Back Side Flexion

Keep your legs spread apart and as straight as possible. You can either have your arms as shown in the picture or reach above your head. Lean over as far as possible to the side. Keeping your back against a wall will ensure that you do not twist your hips.

Flexion in lying

Lie down on a bed, soft surface or the floor (best). Pull your knees up towards your chest. To improve hip flexibility, spread your legs so that the knees are closer to your arm pits.



Hip flexion

Lie down on a bed, soft surface or the floor (best). Pull the knee toward the armpit of the hip you are flexing. This stretches your gluteal (buttock) muscle.

Hip flexion (Gluteal and Hamstring)

Lie down on a bed, soft surface or the floor (best). Grab the heel of the foot and pull the knee towards the armpit until the lower leg is perpendicular to the floor.



Sacro-iliac Stretch

Lie on the floor. To prevent the straight leg from rolling, place your foot against an immovable structure. Pull the opposite knee across your body toward the floor. Keep the opposite arm straight.



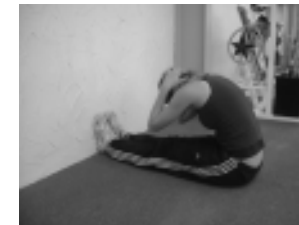
Neural Tension Stretches

Neural Tissue is nerve tissue. It is important that you not only stretch muscles and ligaments, but also your nerves. To stretch the nerves you need to learn specific stretches from your physiotherapist. The 2 pictures below are examples.

Stretch 1 is similar to the stretch above, but with a straight leg. Hold the leg straight by pushing the knee.



Stretch 2 stretches the entire spine. The feet must be pushed against an immovable surface. Gently pull the head over as far as it will comfortably go.



Visit our 'Self Care' section on the web at www.kcpphysio.co.nz