LUMBAR FLEXION EXERCISES

TIPS FOR PERFORMING THESE EXERCISES

- **Centralization:**
  - The closer the pain is to your spine, the better. (e.g. the pain is better in your foot than in your knee).
  - An increase in your low back pain can be expected. This is acceptable as long as your leg symptoms are not increasing.

- **Stop the exercise and let your doctor or therapist know right away if you have either of these problems:**
  - Any change in your bowel or bladder control.
  - Any increase in weakness in your leg or foot.

- **If Your Pain Returns:**
  - Adjust your posture.
  - If no improvement, begin your exercises.

Do each exercise _____ times a day.

- **POSTERIOR PELVIC TILT**
  - Lie on your back with your hands at your side and your knees bent.
  - Tighten the muscles of your lower abdomen and your buttocks, to flatten your back against the floor. This is the pelvic tilt (flat back) position.
  - Repeat exercise _____ times.
  - Hold position for _____ seconds.

- **SINGLE KNEE TO CHEST STRETCH**
  - Lie on the floor, table or bed.
  - Rest your _____ leg on the floor or let it dangle off the table or bed.
  - Bend the other leg and wrap your hands around your knee.
  - Pull the bent leg toward your chest.
  - Repeat exercise _____ times.
  - Hold position for _____ seconds.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*
**DOUBLE KNEE TO CHEST STRETCH**

- Lie on your back.
- Bring both knees, one at a time, to your chest.
- With your hands clasped, pull your knees toward your chest and curl your head forward.
- Keep your knees together and your shoulders flat on the floor.
- Lower your legs one at a time.
- Repeat exercise ______ times.
- Hold position for ______ seconds.

**LUMBAR FLEXION WITH ROTATION**

- Lie on your back with your hands at your side and your knees bent.
- Rotate your knees towards the pain.
- Repeat exercise ______ times.
- Hold position for ______ seconds.

**SEATED LUMBAR FLEXION**

- Sit upright in a chair.
- Slowly bend forward until you feel tension in your back.
- Repeat exercise ______ times.
- Hold position for ______ seconds.
- **Option:** Perform with rotation to painful side

**STANDING LUMBAR FLEXION**

- Stand upright with feet spread shoulder width apart.
- Slowly bend forward, sliding your hands down your legs, until you feel tension in your back.
- Repeat exercise ______ times.
- Hold position for ______ seconds.
- **Option:** Perform with rotation to painful side

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PARTIAL SIT-UP
- Lie on your back with your hands at your side and your knees bent.
- Use your abdominal muscles to raise your upper back off the floor, while exhaling.
- Rise up only enough to get your shoulder blades off the floor.
- Do not thrust yourself off the floor or lift your head with your arms.
- Keep your knees bent and your feet flat on the floor.
- You should feel the contraction only in your abdominal muscles.
- Gently lower your upper body down.
- Make the motions smooth and relaxed.
- Repeat exercise ______ times.
- Hold position for ______ seconds.

PARTIAL DIAGONAL SIT-UP
- Lie on your back with your hands at your side and your knees bent.
- Use your abdominal muscles to raise your upper back off the floor, while exhaling.
- Raise your upper body off the floor with one shoulder slightly higher than the other.
- Do not thrust yourself off the floor or lift your head with your arms.
- Keep your knees bent and your feet flat on the floor.
- You should feel the contraction only in your abdominal muscles.
- Make the move smooth and relaxed.
- Gently lower your upper body down.
- Repeat the exercise raising the other shoulder higher.
- Repeat exercise ______ times.
- Hold position for ______ seconds.

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