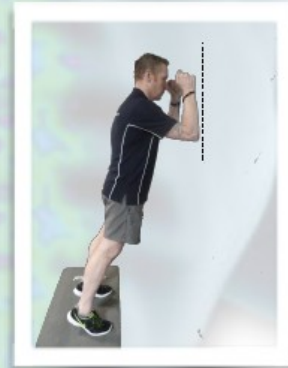


Daily Back Care Exercises



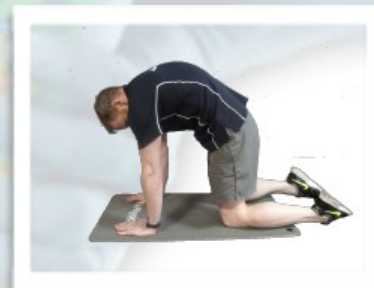
Squeezes

Stand upright. Spine in neutral. Feet hip width apart with equal weight distribution. Turn thumbs out and feel shoulder blades squeeze together. Then squeeze buttocks together. Hold 10 secs and repeat 10 times



Wall Buttress

Forearms on wall parallel with with shoulders. Back in neutral. Weight on balls of feet. Brace abdominals. Hold plank like position for 10 sec then repeat 10 times



Cat - Camel

On all fours in a box position begin with neutral spine. Slowly retract shoulder blades, look upward, elevate tail bone into the cat position and pause. Then separate shoulder blades, lower tail bone and look down into the camel position and pause. Repeat 10 times.

These exercises are generalised and designed for a wide range of abilities. They should not cause harm. If you do experience any pain or discomfort you should stop and speak to a health professional such as a chartered Physiotherapist who could also provide a full assessment and individual treatment plan

Daily Back Care Exercises



Chair Twists

Sitting upright with neutral spine, feet hip width apart and arms folded.
Rotate body around.
Hold 5 Sec each side and repeat 5 times



Stand - Sit - Squat

Stand upright. Spine in neutral. Brace abdominals. Keep back straight while hinging through hips (taking hips backwards) then bend knees and lower slowly to sitting position. Progress by not making contact with seat and hold 5 secs. Return to standing.
Repeat 10 times

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