



Personal exercise program

Back Care Course

New Forest Physiotherapy Southampton
Gang Warily Recreation Centre, Fawley SO45 1GA
Unit 311 Solent Business Centre, Southampton SO15 0HW
www.newforestphysio.co.uk, T: 023 8008 9120

Provided by Chartered Physiotherapist Adam Smith-Connor
Provided for
Training start date 11/29/2015



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This is an extensive list of exercises to accompany the Back Care Course.

Not all of these exercises are covered during the course and not all of them will be appropriate for every patient. The exercises have been grouped and graded in order of difficulty. Start with easy exercises and low repetitions. As you get stronger increase repetitions and progress onto the advanced exercises.

Pick 3 exercises from the transverse abdominal exercises, 2 from the gym ball exercises, 1 from free weights, 3 from the back stretches and 1 from the relaxation exercises for each work out. It is important that you can perform each exercise comfortably using the correct technique.

It is acceptable to experience mild discomfort when exercising, but you should stop and do an easier exercise if you get any pain or have difficulty maintaining a good exercise technique and neutral spine position. You will be taught what a neutral spine position is during the course.

You should aim to do three 20 minute workouts per day.



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Transverse Abdominal Exercises

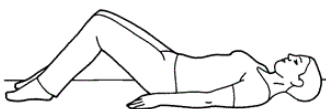
1) Easy

Sit on a chair and find your neutral spine position. Place your fingers on your lower stomach muscles below the waste line
Tighten your pelvic floor and lower stomach muscles.

Hold tight for 10 to 30 secs.

Repeat 10 to 20 times.

2) Easy



Lying on your back with knees bent.
Tighten your pelvic floor and lower stomach muscles, feeling a tightening around your waist. No more than 30% effort.

Hold contraction for 10 to 30 secs

Repeat 10 to 20 times

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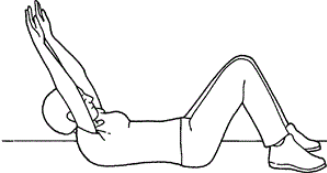
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3) Intermediate



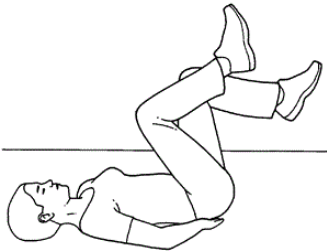
Lying on your back with arms above your head in line with your ears.

Tighten your pelvic floor and lower stomach muscles. Pulse your arms back and forwards for 10 to 30 secs.

Repeat 5 to 10 times.

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4) Intermediate



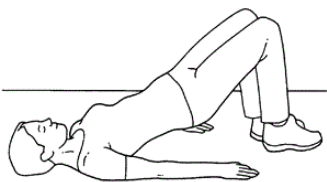
Lying on your back with pelvic floor and lower stomach muscles tight. Synchronise leg movements with out breaths. Lift one foot at a time a few inches off the floor. Repeat 5 to 10 times on each leg.

5) Advanced

Lying on your back with pelvic floor and lower stomach muscles tight. Make a cycling movement with both legs for 1 to 2 mins whilst maintaining a neutral spine position.

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6) Easy



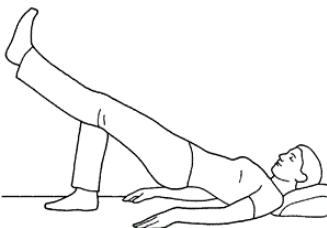
Lying on your back with knees bent.

Lift your pelvis and lower back off the bed.

Repeat 10 to 20 times.

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7) Intermediate



Lying on your back with knees bent.

Lift your hips up and keep them straight. Lift a foot off the floor whilst maintaining a neutral spine position.

Hold position 10 to 30 secs.

Repeat with the other leg.

Repeat 5 to 10 times on each leg.

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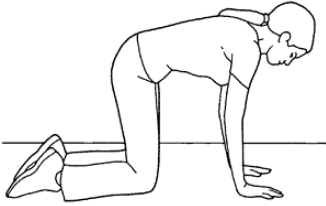
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8) Easy



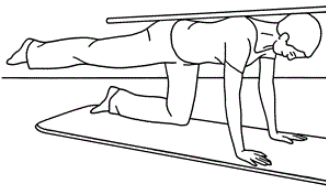
Four point kneeling with spine in a neutral position.

Tighten your pelvic floor and lower stomach muscles. Hold 10 to 30 secs.

Repeat 10 times.

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9) Intermediate



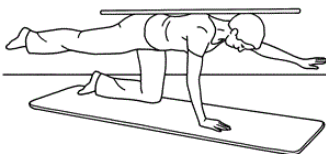
Crawling position with spine neutral. Tighten your pelvic floor muscles and gently pull your lower stomach in.

Slowly straighten one leg whilst maintaining a neutral spine position. Move the leg on an out breath.

Repeat 10 to 20 times on each leg.

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10) Advanced



Crawling position with spine neutral. Tighten your pelvic floor and lower stomach muscles.

Lift your opposite arm and leg whilst maintaining a spine neutral position.

Repeat 10 to 20 times on alternate sides.

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11) Easy



Lying face down.

Lift your upper trunk off the floor. Stretch your arms towards your heels and "keep your neck long".

Repeat 10 to 20 times.

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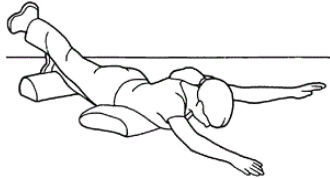


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12) Easy

Lying face down with your arms above your head. Lift opposite arm and leg off the floor.

Hold 10 secs. - relax. Repeat with the other side.

Repeat 10 to 20 times.

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13) Intermediate

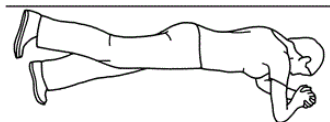
Lie face down. Support your body weight on your forearms and toes.

Tighten your stomach muscles and keep your neck and back straight.

Hold 20 to 60 secs.

Repeat 3 to 10 times.

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14) Advanced

Lying face down. Support your body weight on your forearms and toes.

Tighten your stomach muscles and keep your neck and back straight.
Lift one leg.

Hold 10 to 60 secs.

Repeat 3 times on each leg.

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15) Easy

Lie on your side with your knees bent. Tighten your pelvic floor muscles and gently pull your lower stomach in.

Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together during the exercise.

Repeat 10 to 20 times on each side.

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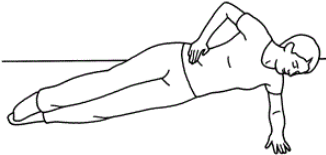
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16) Advanced



Lie on your side with your legs straight. Support your body weight on your forearm and feet.

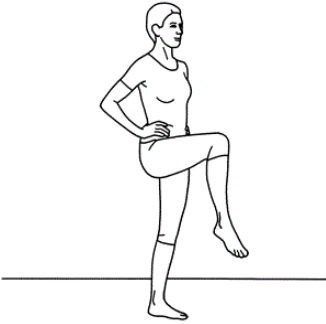
Tighten your stomach muscles and keep your neck and back straight.

Hold 10 to 60 secs.

Repeat 3 times on each side.

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17) Intermediate



Stand straight with spine neutral. Tighten pelvic floor and lower stomach muscles

Lift your knee keeping your pelvis and spine neutral. Keep your balance.

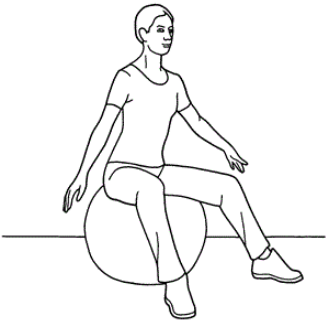
Hold 10 to 30 secs.

Repeat 5 to 10 times on each leg.

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Gym Ball Exercises

1) Easy



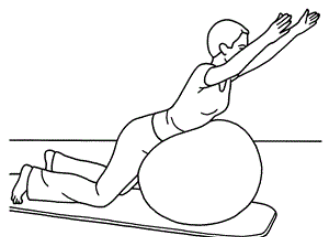
Sit on a gym ball with spine neutral.
Shift your body weight side to side whilst maintaining balance.
Continue for 2 mins.

2) Intermediate

Sit on gym ball with spine neutral. Maintain spine neutral position whilst lifting one foot a few inches off floor. Move on the out breath.
Repeat 10 to 20 times on alternate legs.

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3) Intermediate



Kneel and lean on a gym ball.

Tighten your pelvic floor and lower stomach muscles; lift your arms.

Repeat 10 to 20 times.

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4) Intermediate

Lie with your stomach on a gym ball. Keep your spine in a neutral position and chin tucked in.



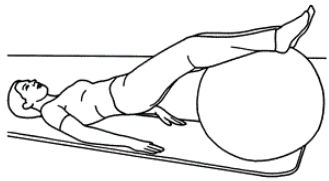
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Lift your arm and opposite leg. Keep your balance and move on the out breath.

Repeat 10 to 20 times on alternate sides.

5) Intermediate

Lie on your back with your feet on a gym ball. Tighten your pelvic floor muscles and gently pull your lower stomach in.



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Lift your pelvis and lower back off the floor. Lifting your hands off the mat will make this exercise more challenging.

Hold 10 to 30 secs.
Repeat 5 to 20 times.

6) Advanced

Lie on your back with one leg on a gym ball and the other leg hovering just above the ball. Lift your pelvis up whilst maintaining a neutral spine position

Hold 10 to 30 secs.
Repeat 5 to 20 times.

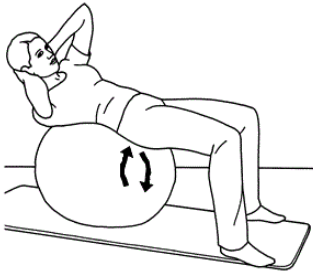


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7) Intermediate

Lie on your back on a gym ball with your knees bent and feet on the floor.

Lift your pelvis up and down, moving on the out breath.

Repeat 10 to 20 times.

8) Advanced

Starting position as above (7). Lift one foot off the floor and straighten the knee so you are balancing on one leg. Maintain a neutral spine position.

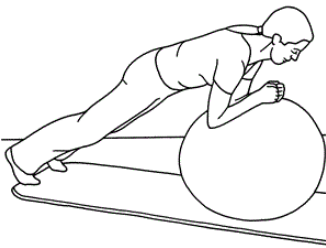
Hold position 10 to 60 secs before lowering you foot down.

9) Advanced

Starting position as above (7). Lift one foot off the floor and straighten your knee. Lower your pelvis as far as you can. Lift back to start position. Maintain neutral pelvis position throughout the movement.

Repeat 5 to 20 times.

10) Advanced



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Place your forearms on a gym ball, lean forward supporting your body weight on your forearms.

Tighten your pelvic floor muscles and gently pull your lower stomach in. Keep your back and neck straight.

Hold 10 to 60 secs.

Repeat 3 times

11) Advanced

Kneel in front of a gym ball and place your hands on the ball with the elbows straight. Bend the elbows to perform a press up on the ball whilst maintaining a neutral spine position. Move on an out breath.

As you get stronger do a full press up on the gym ball with your toes on the floor.

Repeat 3 to 10 times



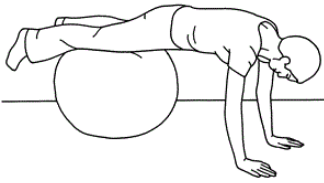
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12) Advanced



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Lie face down with a gym ball under your lower legs. Keep your back straight and chin tucked in.

Tighten your pelvic floor muscles and gently pull your lower stomach muscles in. Maintain a neutral spine position.

Hold 10 to 60 secs.

Repeat 10 times.

13) Advanced

Starting position as above. Bend the elbows to do a press up whilst maintaining a straight back. To make this exercise more advanced roll the ball further away from the body. Move on an out breath.

Repeat 3 to 20 times



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Free Weights

Start free weights exercises using a low weight. As you get stronger increase the amount of weight you lift.

NB A full one litre water bottle weighs 1 kg.

1) Easy

Stand with arms hanging down and spine neutral. Tighten your pelvic floor and lower stomach muscles. Hold a handweight and turn your palms forward.

Bend alternate elbows whilst maintaining a neutral spine position. Move on the out breath.

Repeat 10 to 20 times.



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2) Intermediate

Stand with your hands on your chest and weights in your hands. Tighten your pelvic floor and lower stomach muscles.

Lift both arms from your chest straight up on an out breath, hold on the in breath, lower on an out breath.

Repeat 10 to 20 times.

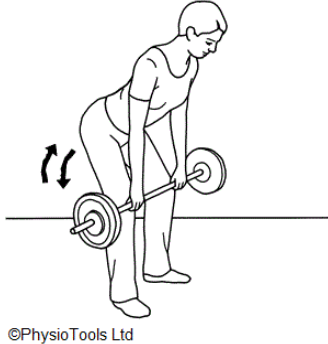


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3) Advanced

Stand in front of a bar with your hands and feet shoulder width apart. Tighten your pelvic floor and lower stomach muscles. Keep your back straight in a neutral position. Bend your knees, keeping the feet flat on the floor. Lean forwards slightly, grab the bar and stand up. Ensure you channel your effort through your legs, keep your pelvic floor and lower stomach muscles tight, and maintain a neutral spine position through out the lift. Move on an out breath. Lower the bar back down onto the floor.

Repeat 10 to 20 times.



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4) Advanced

Stand holding a bar in front of your chest. Tighten your pelvic floor and lower stomach muscles. Lift the bar overhead whilst maintaining a neutral spine position throughout the lift. Return to the starting position.

Repeat 10 to 20 times.

Spinal Stretches

1) Easy

Standing upright, slide your hand down to the side as far as you can. Hold stretch 10 secs.

Repeat on the opposite side.

Repeat 5 times on each side.



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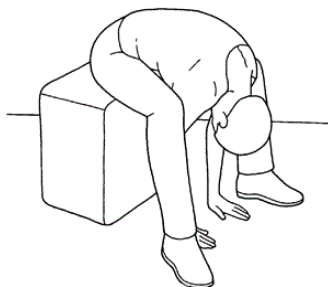
2) Easy

Sit on a chair with your legs apart.

Bend your head and trunk down between your knees rounding your upper body as much as possible.

Hold 20 secs.

Repeat 3 times.



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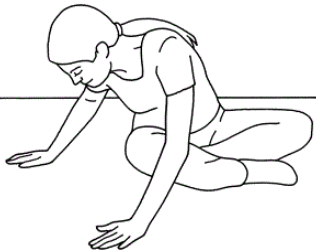
3) Intermediate

Sit on a chair with one foot on the floor. Lift your other foot onto your opposite thigh.

Gently lean forward. Feel the stretch in your buttock.

Hold stretch 30 secs.

Repeat 3 times.



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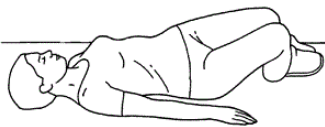
4) Intermediate

Sit with your legs crossed.

Lean towards one knee. Place your hands on the floor for support.

Hold 20 secs.

Repeat 3 times to each side and the front.



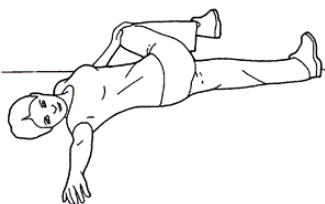
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5) Easy

Lying on your back with knees together and bent.

Slowly roll your knees from side to side keeping your upper trunk still.

Repeat 5 to 10 times to each side.



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6) Intermediate

Lying on your back with one leg bent.

Bring your bent knee over the other leg and push your knee against the floor with the opposite hand. Then reach with the other arm to the opposite side looking in the same direction. You will feel the stretching in your lower back and bottom.

Hold 20 secs. - relax.

Repeat 3 times to each side.



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7) Easy



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Lying on your back.
Using your arms pull one knee up towards your chest.
Hold stretch 5 secs. - relax.

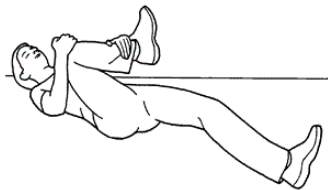
Repeat 5 times on each leg.

8) Intermediate

Lying on your back. Use your hands to pull both knees towards the chest.
Hold stretch 5 secs- relax.

Repeat 5 times.

9) Easy



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Lying on your back with one leg bent. Put one hand on your knee and the other one on your ankle.

Rotate your leg outwards and pull with your arms towards your chest.
Feel the stretch on the back of your thigh and buttock.

Hold stretch 30 secs.

Repeat 3 times.

10) Intermediate



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Lying on your back with knees bent. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.

Bring your thigh towards your stomach. Feel the stretch in your buttock.
Hold stretch 30 secs.

Repeat 3 times.



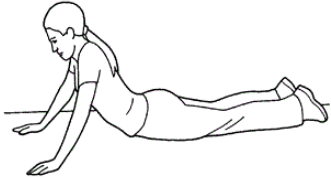
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11) Intermediate



Lying face down with both your hands at shoulder height.

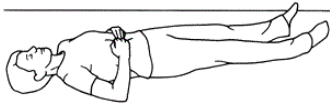
Straighten your elbows and lift your upper trunk up as far up as you can. Keep your pelvis and legs relaxed.

Repeat 10 times.

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Relaxation / Breathing Exercises

1) Diaphragmatic breathing



Lie on your back with your hands just below the rib cage. Relax. Feel how your body sinks into the floor.

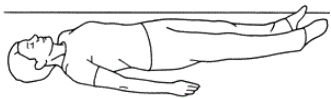
Take a gentle breath in through the nose into the bottom of your stomach. Relax the neck, shoulders and rib cage as you breath in.

Relax and breath out through your mouth.

As you breath out feel the tension release from your body.

Set a timer and continue for 2 to 5 mins

2) Contract / Relax



Lie on your back with your arms slightly out to the side and legs relaxed. When you contract each muscle group, tighten as hard as you can. When you relax the muscle group, relax completely.

Point your toes down as far as you can, hold 5 secs, relax.

Pull your toes up as far as you can, hold 5 secs, relax.

Press your heels down through the floor, hold 5 secs, relax.

Tighten your thigh muscles, hold 5 secs, relax.

Squeeze your buttocks together, hold 5 secs, relax.

Squeeze your hands tight, hold 5 secs, relax.

Press your arms into the ground, hold 5 secs, relax.

Stretch your hands down towards your feet, hold 5 secs, relax.

Press your head into the floor, hold 5 secs, relax.

Once you have completed the above sequence, remain on the floor doing diaphragmatic breathing for 2 mins. As you breath out feel the tension release from your body.



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3) Soft Gazing

Sitting or lying in a relaxed neutral spine position with your eyes gazing ahead.



Become aware of your peripheral vision. In a clockwise direction rotate your awareness around your peripheral field of vision whilst maintaining your gaze ahead. Try not to focus on anything in particular, but maintain awareness of your complete visual field.

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Set a clock and continue for 2 to 5 mins.
