

Unstable and Weak Low Back – Strengthening and Stabilising Exercises 1

Cat/Camel

The cat and camel exercise is not a stretch. The fully flexed position (Fig 1) and the fully extended position (Fig 2) is a continuous flowing movement with you moving as slow as possible being aware of the contraction of the stomach and low back muscles. Do not jerk the movement because that is a sign you are lacking control. Instead ensure that the pelvic and neck motion start and finish in sync. Ensure that your knees are directly under the hips and the hands directly under the shoulders. Repeat this movement 10 times.



Fig 1

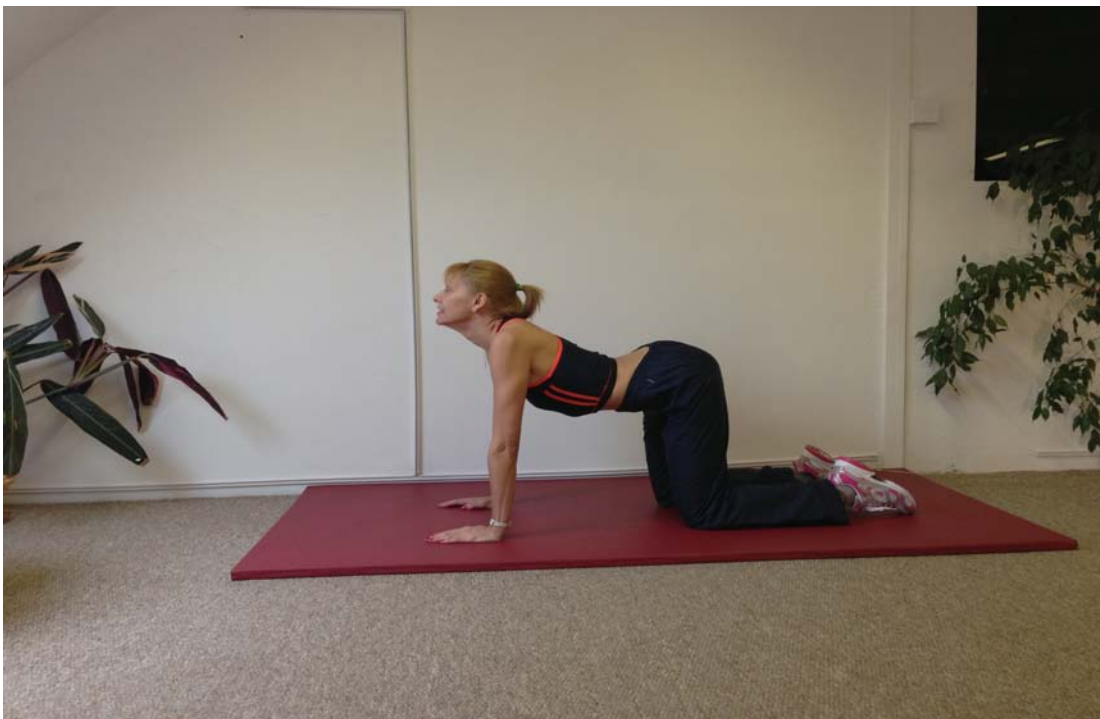


Fig 2

Remedial 'Spinal Brace'



The aim is to hold the spine in the neutral position. As in the exercises above, ensure that your knees are directly under the hips and the hands directly under the shoulders. To activate the low back stabilisers, tense your stomach, clenching the buttocks and contracting the pelvic floor muscles.

In order to activate the upper back/neck stabilisers push upwards between the shoulders and tuck the chin in to hold the neck in line with the upper back as in Fig 3.

Avoid shrugging your shoulders or elevating them or sticking your chin out or too far in as in Fig 4 and Fig 5

This should be held for 10 seconds. Practice it so that it becomes easier and more natural to hold this neutral position.



Fig3

DO NOT ADOPT POSITIONS BELOW WHEN IN NEUTRAL 'BRACE' POSITION

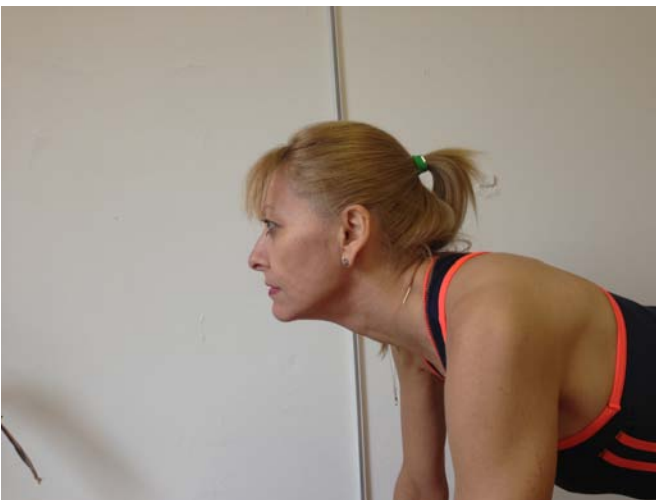


Fig 5



Fig 4