

**Unstable and Weak Low Back – Strengthening and Stabilising Exercises 3:
Leg and Arm Raises**

Arm Raise



Fig 1

Using the neutral brace position - fully flex the shoulder, raise the arm up in line with the head. Ensure there is no trunk movement. Hold for 10 seconds

Full Leg Raise



Fig 2

Lift your leg as high as possible **without** losing the spinal brace position. Make sure your low back does not move, or twist the hips or move sideways. The knee should be fully straightened. Hold for 10 seconds.