



Tools RG
Know how to show how

Lumbar Exercises

Provided by : Jon Mark Pleasant, PT



1. Lie on back with knees bent
2. Gently suck in your stomach but don't let your back move.
3. Hold for 5-10 seconds.
4. Repeat 10-15 times, 1 time per day.

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1. Lie on your back with a pillow between your knees (knees bent).
2. Squeeze the pillow then raise your buttocks up off the mat and hold for 5-10 seconds.
3. Repeat for 2 minutes, 1 time per day.

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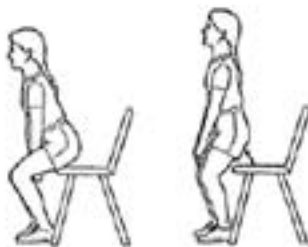
1. Lie on back with knees bent and a swiss ball on your thighs. Or with your arms crossed across your chest.
2. Raise head and shoulders, as you roll the ball up your thighs.
3. Concentrate on "sucking in" your stomach muscles.
3. Hold 5 seconds
4. 10-15 repetitions, 1 time per day.

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1. Begin on hands and knees and hold your spine stable in neutral throughout the rest of the exercise.
2. Suck in your stomach and then extend one leg and hold it for 5 seconds.
3. Alternate for 15 times, 1 time per day.

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1. Keep your head up and your back straight
2. Stand upright. Keep tummy in and back straight.
3. Repeat 1 minute, Relax 1 minute then repeat for 1 more minute.
4. 1 time per day.

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1. Lie on back holding _____ leg with a dog leash or towel as shown
2. Keep the opposite leg straight on the floor
3. Hold 30 seconds each leg.
4. 2 repetitions each leg, 1 time per day.

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1. Lie on back
2. Pull one knee up toward chest as far as you can
3. Hold 30 seconds. Repeat with the other leg.
4. 2 repetitions each , 1 time per day.

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1. Lie on back
2. Pull knees up toward chest as far as you can
3. Hold 30 seconds
4. 2-3 repetitions, 1 time per day.

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