

## Lower Back Exercises

When doing these exercises, a small amount of discomfort could be expected but if they are significantly aggravating your symptoms please stop

### Posterior pelvic tilt



Start by lying on your back, with your knees bent and feet on the bed/floor. Flatten your lower back against the bed and pull in your stomach. Your pelvis should tilt backwards as your lower back presses against the bed. Relax back to a neutral position. Repeat x .....

### Knee Rolls



Start lying on your back, with your knees bent. Gently roll both knees from one side to the other. Go as far as is comfortable for you.

### Bridge & Single leg bridge



Start by lying on your back with your knees bent and feet on the bed/floor. Push through your feet and raise your pelvis up. Slowly lower down. To make it more challenging, hold for a few seconds at the top.

Single leg bridge – after raising pelvis up off the bed, straighten one leg. Hold for 3-5 seconds, lower leg. Then lower pelvis back down.

Repeat x .....

### Cat and cow stretch



Start on your hands and knees. Stretch your back up towards the ceiling and down to stretch your lower back.