



LIVE ACTIVE

workouts at home back care

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introduction

Here are a range of exercises to help improve back mobility and increase strength in your core muscles to help reduce back pain.

tips - before exercise

- Avoid eating at least 1 hour before exercising and do not drink alcohol before or after exercise.
- Modify your exercise to the temperature - if it is very hot or very cold you need to reduce the intensity/how hard you work.
- Wear suitable clothing that will allow evaporation of sweat and supportive footwear suitable for your chosen activity.
- Do not exercise if you have a short term illness such as a cold, infection or stomach bug. If you have a temperature your heart is working harder due to increased heart rate and oxygen consumption to fight illness.
- Reduce the intensity and duration of exercise when resuming following illness or a break, and gradually return to your previous intensity as you feel able.

main routine

Follow slides below, all exercises can be done individually, you may find some help more than others, Perform mobility exercises daily, Floor based exercises every other day.

chair based mobility

EXERCISE 1

side bend

Side bend is focused on mobility of lumbar spine to loosen muscles and increase range of movement. To perform side bend sit on a firm chair towards the front, sit with good posture, tall and shoulders back.

Keep hips locked and level, we are focusing on mobility of spine.

Slow and controlled, lean to one side to feel the muscles stretch around your lower back, stay within your comfort zone, do not over stretch. Slowly move back to centre and repeat on the over side.

Perform 5-10 on each side.



chair based mobility

EXERCISE 2

thoracic rotation

Thoracic rotation is performed with hips locked facing forwards and aims to mobilise the thoracic (Middle) area of your back, you will also feel this in your lumbar region (Lower). This is not a challenge of moving as far round as possible but to feel the stretch in the correct places.

Sit with good posture as with side bend, raise arms up in front of you and keep focus on your wrists, if you have a watch or bracelet to follow this helps. Allow the head to turn with the body keep the spine and aligned. Keep movement slow and controlled with a pause at each end of the movement.

Perform 5-10 each side



floor based exercises

EXERCISE 1

hundred

Level 1

Before any other exercises are performed you should practice this. Lie down on a firm surface with an exercise mat if possible, if not carpet or rug will do rather than a hard floor. You should lie with feet close to body with hips, knees and ankles aligned so there is a gap at knees and feet. In this position you should have a slight curve at your lower back which you can feel with your hand. While keeping this natural curve practice bring in your naval towards your spine and lift up through your pelvic floor muscles while breathing controlled and relaxed. Hold muscles engaged for up to 1 minute, once you can do this you progress onto next level.

If you can do level 1 you can always do this as warm up before level 2.

Level 2

Always maintain posture and muscle engagement from level 1, slowly raise one leg so knee is above hip, shin parallel to the ceiling, hold for 10-15 breaths. Lower under control and repeat with other leg.



floor based exercises

EXERCISE 2

bridge

Focuses on muscles of the back of the body including hamstrings (back of legs) Gluteal (Bum) lumbar spine (Lower back). Set up as you do for the Hundred, then slowly raise up using the afore mentioned muscles as far as comfortable, hold at the top for a couple of seconds before lowering under control and repeating.

Perform 10-15



floor based exercises

EXERCISE 3

leg extension

Only perform this if you can perform hundred level 2 comfortably, any feeling in the lower back, stop immediately. Set up as hundred and then slowly extend leg and return.

Perform 10-15 each leg



cool down

When standing from floor based exercises move feet for 10-20 seconds to help with blood pressure and reduce risk of feeling light headed.

You can also do this day to day when you move from lying to standing i.e. getting out of bed or from seated to standing.

arm stretches (While doing these keep your feet moving at all times)

- Lift arms up in the air and stretch up as high as you can then lower.
- Hug arms around your body and hold for 10 seconds.

leg stretches

- Stand with feet hip distance apart and bend your front knee to stretch your calf, hold for 10 seconds and then repeat with other leg.
- Place one foot in front of you and pull your foot up and slowly stretch down toward your toes and hold for 10 seconds. Repeat with the other leg.
- Bend your leg up behind you, keeping your knees level to stretch your quads hold for 10 seconds. Repeat with the other leg.

Repeat all stretches 3 times

tips - after exercise

After exercise, drink plenty of water to maintain your fluid balance.

Do not have a very hot or cold shower or sauna. They can cause blood to be diverted to extremities and cause a rapid fall in blood pressure which can lead to dizziness



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