

## 30 minute Lower Back Health routine\*

*\*Start doing this protocol 3-4 times per week (stretches can be done daily, as required). After a couple of months, when your back has strengthened, this can be dropped to 2 x week!*

### Strength & Mobility Exercises:

1. **Legs passing:** 2 sets of 10 > 20 reps



Engage your core (tense your stomach; pull your belly button back to your spine).

Lift your legs and slowly pass them, keeping your core engaged and your pelvis/hips still while you move your legs.

ALTERNATIVE: Keep your feet on the floor and bend/straighten alternative legs (easier).

2. **Hip/knee rolls:** 2 sets of 10 > 20 reps



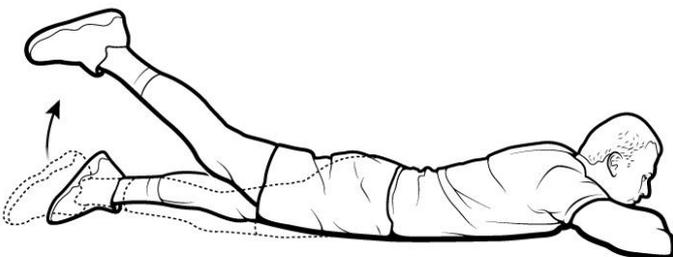
Lie on your back, engage your core, breath in, and then raise your legs (bent at knees).

Breathe out and in a slow controlled manner, drop your knees to one side.

Allow your back/abdomen to relax, then engage your core and raise your knees.

Breathe out and slowly drop your knees to the other side. ALTERNATIVE: keep your feet on the ground (easier).

3. **Prone hip extensions:** 2 sets/leg of 10 > 20 reps



Engage your core. Stretch your right foot away from your right shoulder.

Keeping engaged/stretched, raise your right leg/foot 30cm off the ground.

Slowly drop it back down; repeat on the other leg.

ALTERNATIVE: Put a pillow under your stomach if you get back discomfort, or cannot lift your leg.

4. **Side leg lifts:** 2 sets/leg of 10 > 20 reps



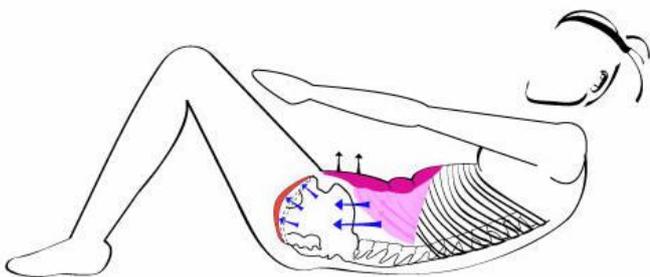
Lie on your side, lower leg bent, core engaged.

Slowly lift your upper leg (keeping your toes pointed down towards the ground). Ensure your hip does not drop back, or leg move forward.

Slowly drop your leg back down, core engaged.

ALTERNATIVE (easier): Have your knees bent and together. Open and close your knees/legs.

5. **Lumbar curl downs:** 3 lumbar curl downs



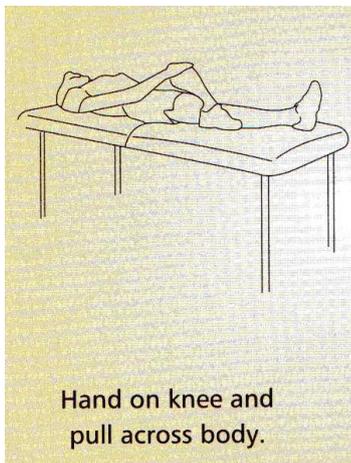
Sit with knees bent (& together), feet flat on ground.

Engage your core; tuck your tail bone under.

**Slowly drop your spine/torso to the ground, allowing each vertebra to soften and relax individually, opening the back of the spine (over**

**Stretches\*:**

*\* Muscles: Glutes, hamstrings, psoas, lower back; Hold stretches for 30 seconds x 2 each (daily).*



Hand on knee and pull across body.

