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# **LUMBAR SEATED EXERCISES**



## **SEATED LOW BACK STRETCH**

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down.

Repeat 5 Times Hold 10 Seconds

Complete 2 Sets Perform 2 Times a Day



#### **UPPER TRUNK ROTATIONS - UTR**

Cross your arms over your chest, then twist your trunk to the side.

Repeat 5 Times Hold 10 Seconds
Complete 2 Sets Perform 2 Times a Day

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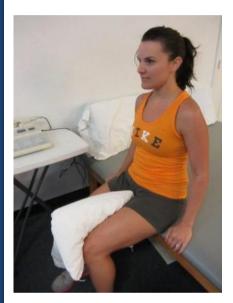


### **PELVIC TILT - SEATED**

While in a seated position, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times Hold 10 Seconds

Complete 2 Sets Perform 2 Times a Day



# **Seated Hip Adduction**

Sit on edge of seat with upright posture. Put pillow between knees. While maintaining proper posture squeeze pillow with knees and hold for 5 seconds. Relax 5 seconds and repeat.

Repeat 10 Times Hold 10 Seconds

Complete 2 Sets Perform 2 Times a Day



#### TRUNK EXTENSION - TOWEL - AROM - MOBILIZATION

While sitting in a chair, extend your thoracic spine backwards over a rolled up towel against the back rest.

Repeat 10 Times Hold 10 Seconds

Complete 2 Sets Perform 2 Times a Day

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### **SEATED TRUNK FLEXION**

While in a seated position, cross your arms over your chest and slowly curl your back forward in order to round your upper back.

Hold 10 Seconds

Repeat 10 Times

Complete 2 Sets Perform 2 Times a Day