



COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit WWW.DALLASSPINE.COM (Physical Therapy Tab).

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
Complete 2 Sets

Hold 10 Seconds
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
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day



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

Complete 2 Sets

Hold 10 Seconds

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

Complete 2 Sets

Hold 10 Seconds

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

Complete 2 Sets

Hold 10 Seconds

Perform 2 Times a Day

Powered by HEP2go.com



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.

Repeat 10 Times
Complete 2 Sets

Hold 10 Seconds
Perform 2 Times a Day