


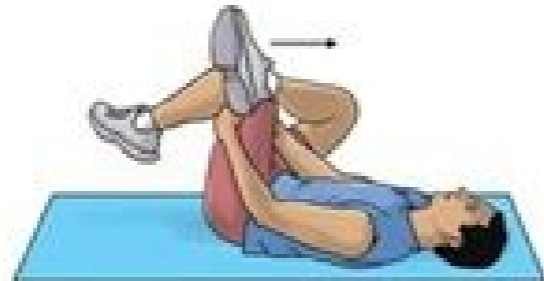
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# Gluteal Strain Rehabilitation Exercises



Single knee to chest stretch



Gluteal stretch



Gluteal sets



Prone hip extension (bent leg)



Resisted hip extension



Resisted hip abduction



Lunge

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## BASIC EXERCISES FOR THE LOW BACK

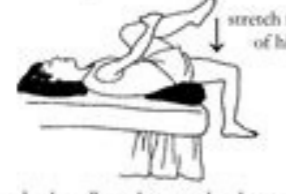
Perform these exercises slowly, without forcing movement. Be sure to breathe throughout the exercises. You should feel a slight stretch, however, do not move into pain. Your symptoms should not intensify as a result of doing your exercises. Perform the exercises 2-3 times daily.

### Hamstrings (fig.1)



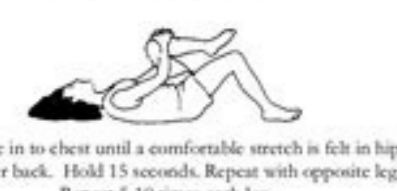
Lying on floor, pull thigh towards your chest to about 90°. Straighten your knee until a stretch is felt in back of thigh. Hold 1 minute. Repeat with opposite leg.

### Hip Flexors (fig.5)



Lying on your back, pull one knee to the chest to keep the back flat. Allow the opposite thigh to drop over the edge of the bed. Do not allow the thigh to move away from the matline or router. Hold 30 seconds. Repeat 2 times each leg.

### Single Knee to Chest (fig.2)



Pull knee in to chest until a comfortable stretch is felt in hip and lower back. Hold 15 seconds. Repeat with opposite leg. Repeat 5-10 times each leg.

### Prop Up on Elbows (fig.6)



On firm surface, lying on your stomach, prop up on your elbows. Keep pelvis, hips and legs relaxed. If prepping on elbows is painful, try only lying on stomach or with a pillow under your abdomen. Hold 30 seconds. Repeat 3-5 times.

### Pelvic Tilt (fig.3)



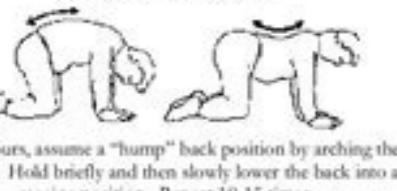
Flatten back by tightening stomach and buttock muscles. Hold 10 seconds. Repeat 10 times.

### Tail Wag (fig.7)



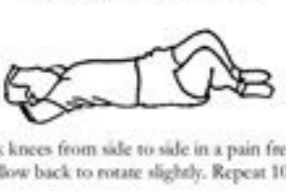
On all fours with back maintained in neutral position, gently move hips toward left edge to side bend round. Hold briefly, then alternate and do other side. Repeat 10-15 times.

### Cat and Camel (fig.4)



On all fours, assume a "hump" back position by arching the back up. Hold briefly and then slowly lower the back into a sagging position. Repeat 10-15 times.

### Lumbar Rotation (fig.8)



Slowly rock knees from side to side in a pain free range of motion. Allow back to rotate slightly. Repeat 10-15 times.

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**EXERCISES**

**Flexion**  
 General Comment -  
 Do not arch or round. Maintain lighter and stay in center if they are not allowed to stretch.

**1. Pelvic Tilt**  
 Lie on your back with knees bent and feet flat on floor. Place the small of your back against the floor and tighten your stomach and buttock muscles. Do not push with your feet. All the feet should come back your abdominal muscles. This should cause the lower end of the pelvis to slide forward and flatten your back against the floor. Hold for six seconds. Repeat six times. When leaving the exercise to other-stand in a gentle hand in middle of your back to feel the small of your back pressing in towards the floor.

**2. Cross-Arm Knee Pushing**  
 Lie on your back with knees bent and feet flat on floor. Adapt the pelvis (fig. Exercise #1). Bend your right leg and move to bend a steady diagonal angle. (Position A.) Place left hand on right knee helping push and pull. Bend your head and neck back in your chair. Now switch your leg with your arms making a good abdominal contraction. Count to six and relax. Repeat previous six times with same arm and leg. Now change

**3. The Curl**  
 Lie on your back with knees bent, feet flat on floor. Adapt the pelvis (fig. Exercise #1). Bring your knees to your chest. Push your arms down onto your chest. Keep your arms straight at your sides and slightly bent. Curl yourself up, using your footrest for your knees. Repeat six times.

**4. Knee Raising**  
 Lie on your back with one leg and one knee bent and one leg straight on floor. Adapt pelvis (fig. Exercise #1). Keeping knees of straight leg tight, raise this leg slowly to level of bent knee then lower it slowly to the floor. Repeat exercise six times with each leg.

**5. Head Raising**  
 Lie on your back with knees bent, feet flat on floor. Adapt the pelvis (fig. Exercise #1). Bend your right leg and move to bend a steady diagonal angle. (Position A.) Place left hand on right knee helping push and pull. Bend your head and neck back in your chair. Now switch your leg with your arms making a good abdominal contraction. Count to six and relax. Repeat previous six times with same arm and leg. Now change

**6. Leg Raising**  
 Lie on your back with one leg and one knee bent and one leg straight on floor. Adapt pelvis (fig. Exercise #1). Keeping knees of straight leg tight, raise this leg slowly to level of bent knee then lower it slowly to the floor. Repeat exercise six times with each leg.

**7. Extension**  
 General Comment -  
 Repeat clinical experiment at the Canadian Back Institute has demonstrated that the following endurance exercises are of great benefit in alleviating chronic pain. Repeat these exercises at least four intervals six to eight times per day.

**8. Lag Raising**  
 Starting position: Lie on your stomach, chin resting on the floor (1). Then lift hips under your shoulders. No weight on your feet or arms and pull up upper part of body as far as you can possibly (2). Hold the pelvis, hips and legs completely relaxed. Try to extend your back as much as possible without your feet or arms straighten. Repeat 10 times.

**9. Starting Position**  
 Stand with feet shoulder width apart. Place hands in hollow of your back, fingers pointing downwards (1). Now bend backwards, at the waist, so far as you can, keeping knees straight (2). Hold position for 2 seconds, return to starting position. Repeat 5 times.

**CERVICAL FLEXION**

Tilt your head downwards, then return back to looking straight ahead.



**CERVICAL EXTENSION**

Tilt your head upwards, then return back to looking straight ahead.



**CERVICAL ROTATION**

Turn your head towards the side, then return back to looking straight ahead.



**ROTATIONAL STRETCH WITH OVER PRESSURE**

Turn your head to one side as far as you can and then use your same-side-hand to assist in turning the head further for a gentle stretch.



**CERVICAL SIDE BEND**

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time)



**UPPER TRAP STRETCH**

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.

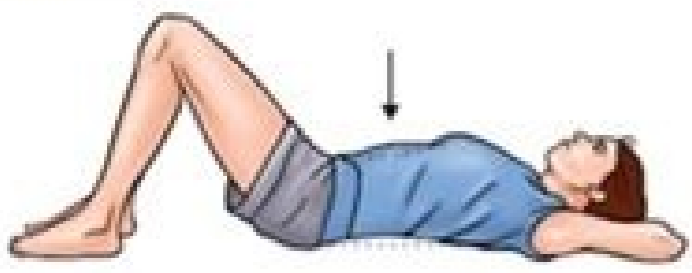


**LEVATOR SCAPULAE STRETCH**

Place the arm on the affected side behind your back and use your other hand to draw your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the affected side.





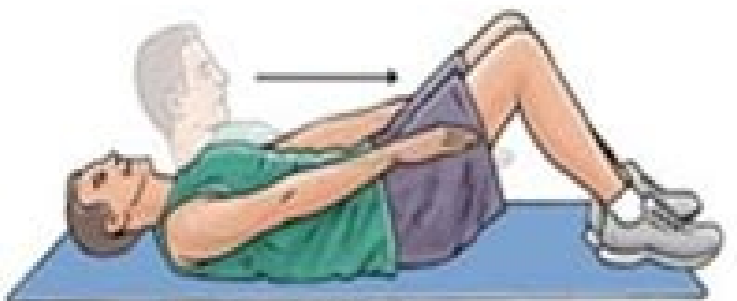
### 1. PELVIC TILT:

Lie on your back with your knees bent and your feet flat on floor. Pull your belly button in towards your spine and push your lower back into the floor, flattening the back. Hold this position for 5 to 10 seconds. Repeat 5 to 10 times.



### 2. STRAIGHT LEG RAISING:

Lie on your back, bend one leg to support, raise the other leg straight about 8 inches off the floor. Hold the raised leg for a count of 5 to 10. Repeat with other leg. Repeat 5 to 10 times with each leg.



### 3. PARTIAL CURL:

Lie on your back with knees bent and feet flat on floor. Slowly raise your head and shoulders off the floor and reach your knees with both hands. Count to 10. Repeat 5 to 10 times.



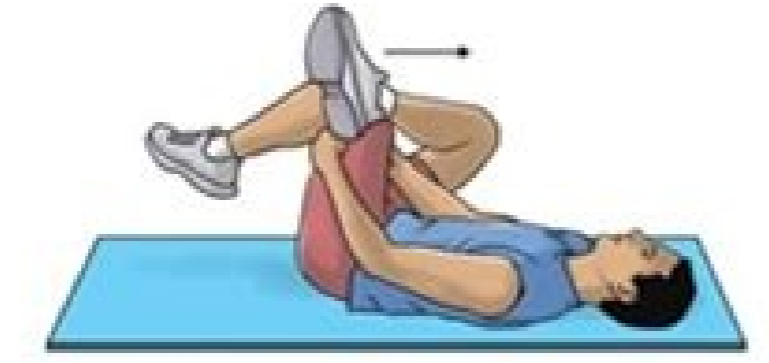
### 4. PRONE HIP EXTENSION:

Lie on your stomach. Tighten the muscles in one leg and raise it from the floor without bending the knee. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat 5 to 10 times with each leg.



### 5. EXTENSION EXERCISE:

Lie on your stomach. Use your arms to push your upper body off the floor. Hold for 5 to 10 seconds. Relax and come down. Repeat 5 to 10 times.



### 6. GLUTEAL STRETCH/PIRIFORMIS STRETCH:

Lie on back with both knees bent. Cross one leg on top of the other. Pull opposite knee to chest until a stretch is felt in the buttock/hip area. Hold for 10 seconds and relax. Repeat 5 to 10 times each side.

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To stretch the hip flexors, kneel with one knee on the floor and the other foot in front with the knee bent. Repeat twice for each leg. If you get numbness or or with this stretch you should be careful and you should definitely be working with a physical therapist to help give you parameters to work in that do not irritate the nerve.Source: www.webmd.com8. You should feel a gentle stretch down the back of your leg, try not to overdo it. Take a big deep breathe in as you return to the starting position. To carry out this exercise get onto all fours, make sure your hands are directly under your shoulders, and knees directly under your hips. Lie on your back and place a small cushion under your head. Keep your knees bent and together. Lower Tummy StrengtheningIt is important to strengthen your lower tummy muscles because these muscles work in partnership with the lower back. Straighten your knee and slowly pull back on the towel. Breathe in and as you breathe out bring one knee in towards your chest and as you breathe in return the foot to the floor. Hold the stretch for 20-30 seconds. Loop a towel under the ball of one foot. Gently flatten your lower back into the floorA Aand contract your stomach muscles.A ANow tilt your pelvis towards your heels until you feel a gentle arch inA Ayour lower back, feeling your back muscles contracting and return to the starting position. To carry out the exercise, lie on your back and cross the right ankle over the left knee. It is extremely gentle and also very effective. Place one hand on your stomach and the other under your lower back to feel the correct muscles working. Keep your head in line with your spine, your shouldersA AbackA Aand avoid locking yourA Aelbows. Deep Abdominal StrengtheningA very important muscle to strengthen is the transverse abdominis, which provides a great deal of support for the lower back. When the hip flexors are tight it can alter your posture leading to what is referred to as eAAdonald duck postureeAAA where your butt sticks out too far. Repeat six to eight times.This stretch could make your back condition worse if have a herniated disc.A A Discs do not like that amount of flexion.A A If you do not know what is causing your low back pain it would be wise to be evaluated.Source: www.nhs.uk7. Hold for 20 to 30 seconds. A very gentle and safe way to strengthen this muscle is shown below. As shown below, lie on your back and place a small cushion under your head. To carry out this exercise lie on your back with knees bent and your feet placed hip distance apart on the floor. To carry out this exercise lie on your back, place a small cushion under your head, and bend your knees. Take a deep breath in and as you breathe out extend one leg and the opposite arm to inline with your spine. In many people this muscle is extremely weak and this can lead to lower back pain. This is a slow, gentle tightening so aim to use less than 25% of your maximum strength. As you breathe out pull the knee in towards you. Grip the thigh of your left leg and take a deep breath in. Lie on your back with knees bent and feet flat on the floor. Bend your knees and keep your feet hip-width apart and placed on the floor. As you breathe outA Arelax your tummy muscles. Push the hips forward and keep your back upright. Ensure your spine is in a neutral position. Keep yourA Aupper bodyA Arelaxed and your chin gently tucked in. Repeat five times. Source: www.nhs.uk3. Bird DogMobilising your lower back is important to aid iteAAAs recovery. Avoid over-stretching, stretch your muscles until you feel a slight stretch only, and hold each stretch for 20-30 seconds.\*\*Please get an accurate diagnosis of your back pain.A A If you want to know WHAT is causing your back pain we are experts at explaining what is causing your pain based on a thorough movement examination.A A Then we can explain what exercises will help and what will make it worse!A A We can help guide you with how to get in and out of bed and how to move around without making your back pain worse.A AA A A If you want .selaudarg .selaudarg y sotnel res nebed sotneimaritise sol sodot y .otneimaritise le etnarud ratober ebed acunN nAAmoc yum se .adiv us ed otnemom nAqLa ne rabmul rolod nAratnemirepxe sanosrep sal ed aAroyam al .n©Abmat .olrechah nelb etneis es y larbretrev anmuloc al raritise arap etnelecxe se lamif otneimaritise etsElarbretrev anmuloc al ed otneimaritise .9moc.ephcaet.www :etneuf.eroepme ol on euq arap olracifidom a etraduya somedoP.oduga rabmul rolod le arap oviserja odaisamed res edeup otneimaritise etse sJAam zev anU.odal adac rop secev sod atipeR .Amoc.evitca.www :etneuf.F.etneugis aAd la adlapse ed rolod sJAam sJAritnes .etnematerrocni sechah ol is Yoicicreje etse noc rolod rehab ebed on oveun eD.sodal sol odnanretla secev 21 a 8 ed oicicreje etse atipeR .6ku.shn.www :etneuf.n'Asinet al rarebil y aerjA le razilivom arap sonam sartseun odaziltu rehab ed s©Aupsed olrechah licjAf sJAam ohcum se euq se dadrev al Y A.rabmul rolod le ratnemua ebed on .oveun eD otneimivom nu ne sJAra aicah y etnaleda aicah sivlep al odnanlicni .secev 21 a 8 ed ritepeR .oleus le ne sorbmoh sobma odneinetnam .sivlep al ed odugues .odal nu aicah sallidor sal elilone ralahxe la y etnemadnuforp eripseR .rabmul rolod atnemirepxe odnauc sodaterpa yum n©Atse .sanreip sal ed roirepsot etrap al ne nartneucne es euq .selabitouqsi solucsAm sol euq n©Amoc yum sEAnreip sal ed otneimaritise E .atcer aenAl ne n©Atse sallidor y saredac sorbmoh sol euq atsah oleus led saredac sus etnavel ralahxe la y etnemadnuforp eripseR .1Iraduya aAratnacne son otcepser la rechah edeup detsu euq ol y rolod le odnasuac jAtse euq ol ed etnem al ed

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