

EXERCISES TO RELIEF LOW BACK PAIN

EXERCISES 1



Pelvic Bridging - Straight lying bend both knees and try to raise the hips up and relax.
RepetitionCounts

Back pressing - Straight lying keeping a towel rolled up in the lower back.
Pressing for 5 seconds and relax for 5 seconds
RepetitionCounts



Straight Leg raising - Lie on stomach, try to raise the leg alternatively without bending the knee.
RepetitionCounts

EXERCISES 2

Neck Bending- Lie down straight, Bend the neck forward so that the chin touches the chest and hold for 5 seconds and relax.
RepetitionCounts



Straight lying - Lift the leg straight without bending the knee alternatively.
RepetitionCounts

Head lifting- Lie on stomach with hands by the sides and try to lift the head up and relax.
RepetitionCounts



EXERCISES 3



Straight Lying- Lie down straight, Lift both neck and shoulder and try to look at the toes and relax.
RepetitionCounts

Lie on Stomach- Try to lift head and shoulders and relax.
RepetitionCounts



Lie on Stomach- Lift opposite hand and leg along with the head and relax. repeat the same exercise for the alternate side.
RepetitionCounts

EXERCISES 4



Lie on Stomach- Lift both shoulder and one leg along with the head and relax.
RepetitionCounts

Lie on Stomach- Raise both hands and legs along with head and hold for 5 seconds and relax.
RepetitionCounts



Straight Lying- try to lift both legs together with hands supposed in lower back.
RepetitionCounts

EXERCISES TO RELIEF NECK PAIN

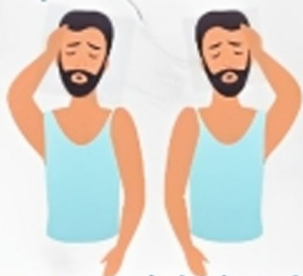
NECK STRENGTHENING EXCERSICE

Resisted flexion (Neck): Stand or sit straight. place one hand on top of other on your forehead. Push your head forward against the heel of your hand without moving your head . Hold for a count of 10 (approx. 7 seconds) then relax. Repeat 3 times.



Resisted Extension (neck): Stand or sit straight close your hands behind your head not your head. push your head backwards against the resisting hands without moving your head. Hold for a count of 10 (approx. 7 seconds) then relax. Repeat 3 times.

Resisted Side-behind: Stand or sit erect. Place your right hand on rightside of yourface.Push your head sideward against your hand without moving your head. Holds for a count of 10 (approx. 7 seconds) then relax. Repeat in opposite direction, (i.e, left hand on the left side of face) repeat the sequence 3 times.



Resisted Rotation: Stand or sit straight. Place your right hand on right temple and your left hand on the left side of the back of your head(your hands should be diagonally opposite. Attempt to look over your right shoulder. resisting the movement of your head with your hands. Holds for a count of 10 (approx. 7 seconds) then relax. Repeat in opposite direction, with left hand on left temple,etc Relax and repeat the sequence 3 times

NECK ROM



Neck tilt

Tilt your head down to rest your chin on your chest. Gently tense your neck muscles and hold for 5 seconds. Return to a neutral Position and repeat 5 times.



Neck tilt (side to side)

Tilt your head down towards your shoulder, leading with your ear,gently tense your neck muscles and hold for 5 seconds, Return your head to centre and repeat on the opposite side. repeat 5 times on each side.



Neck turn

Turn your head towards one side. keeping your chin at the same height and moving within comfortable limits Gently tense your neck muscles And hold for 5 seconds. Return your head to the centre and repeat on the opposite side.Repeat 5 times on each side.



Neck Stretch

Keeping the rest of the body straight,pushyour chin forward so your throat is stretched. Gently tense your neck muscles and hold for 5 seconds.Return your head to the centre and push it backwards.Keeping your chin up.Hold for 5 seconds.Repeat 5 times.



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