

Exercise plan :  
**Plan 2 - from week 4**

Patient:  
**Justine Munur**

Date:  
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Practitioner:  
**Justine Munur**



### Cat Camel Stretch

Start in a neutral four point position on your hands and knees. Round your back from an arched position as you pull in your abdominal muscles. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable, unless your therapist guides you otherwise. After you have rounded your back, form an arch with your lower back. Repeat the movement to the required number of repetitions. This is a good exercise to stretch your back and reduce back pain.

**Hold for 5 seconds, Repeat 10 times, Perform 4-5 days per week**

Video: <https://youtu.be/c2kKOjpzK14>



### Lumbar and Thoracic Side Flexion with Dumbbell

Stand up straight, hold a dumbbell in each hand (1-2kgs), and bend to the side, running your hand down the outside of your leg. Repeat to the opposite side. This exercise is a gentle strengthening exercise as well as improving mobility of the spine.

**Repeat 10 times, Perform 4-5 days per week, Both sides**

Video: <http://youtu.be/gPOhxNK70WI>



### Clam Advanced

Lie on your side, with both knees bent. Squeeze your deep abdominal muscles by drawing the belly button inwards. Keeping your feet together, lift the feet 3-4 inches above the floor. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles. It also works the abdominal core muscles.

**Repeat 10 times, Perform 4-5 days per week, Both sides**

Video: <http://youtu.be/cQroGjei4B8>



### Side Plank Kneeling

Lie on your side, and form a bridge between your knees and forearms by lifting your pelvis off the floor. This exercise works the abdominal and Oblique muscles but is also useful to build spinal stability.

**Hold for 5 - 15 sec, Repeat 3 times, Perform 4-5 days per week, Both sides**

Video: <http://youtu.be/UurF0EhHFLg>

## Supine Bridge Medium



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Lie flat on your back with your arms across your chest, and with your knees bent. Squeeze your bottom muscles and lift your body upwards. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

**Repeat 10 times, Perform 4-5 days per week**

Video: <http://youtu.be/wFYhfbFYzZI>

Only start this program after doing the previous plan for a minimum of 3-4 weeks regularly and if you feel strong enough to progress those exercises.

Start with the recommended number of exercises. If you are finding it too difficult reduce the number of repetitions initially and increase the number as they become easier. If you are finding them easy, feel free to slowly increase the number of repetitions every couple of sessions.

Please stop any exercise that causes pain.