LOWER BACK

Increasing mobility &
Increasing Stability

ARM BAR
BRIDGE
CAT COW VARIATIONS
CRAWLING
CRAWLING VARIATIONS
DEAD BUG
DEAD BUG ON FOAM ROLLER
DEAD BUG MARCHING
DOWN DOG AND REACH (FROM DIVE BOMBER)
DOWN DOG & REACH
FINGERTIP PLANK
GLADIATOR SIDE PLANK
GOBLET SQUAT
HIP MATRIX
HOLLOW DRILL
LUNGE COMPLEX
PAILS & RAILS
POSTERIOR HIP STRETCH
SIDE BEND WITH ROTATION
SQUAT - CURL - PRESS
SQUAT & REACH
SHANK BRIDGE & VARIATIONS
SIDE BENDS WITH ROTATION
STRAIGHT LEG RAISE
SUPINE GLUTE ISOMETRIC
TUBE WALKING
TURKISH GET UP
WINDMILLS

WHAT WE'RE WORKING ON

Often we forget about hip mobility and flexibility. Our daily chores, movements and exercises are primarily lacking in mobility of the hips. Think about your day - walking. Sitting. Standing. Using the restroom. Getting in and out of bed and/or your car is one of the only side to side or lateral motions and it is a limited one at that. When during your day are you ever rotating, circling or challenging your hip socket in any way? The hip is a ball and socket joint that needs to be stretched in all directions or it will loose flexibility!

If we loose flexibility and mobility of the hip, we experience low back tension and strain. Because now, instead of the low back being stable, it is compensating for the hips and has to increase mobility. This causes the low back to 'give out,' become weak, be stiff and have muscle spasms. Increasing hip mobility will decrease low back tension, allowing the low back and pelvis to go back to being more stable.

DISCLAIMER

These exercises are general and are not patient specific. They are intended to give ideas across all experience levels. Please use caution and understand that some may not be appropriate for you.

If you have a spinal injury, degeneration, arthritis or any condition that compromises or limits the integrity of your spine and/or discs, please use caution when trying these exercises. If you feel they are too advanced for you, please do not try them.

If you have questions regarding which exercises may be right for you, please consult your physical therapist.