

EXERCISES FOR THE LUMBAR SPINE

1

LEANING ON FOREARMS

Version 1



Starting position: lean on your forearms. Lower legs straight and slightly spaced, leaning against the floor, keeping the torso in a straight line, parallel to the ground, head in extension of the spine.

Movement: maintain the position for approx. 15-20 seconds.

Version 2

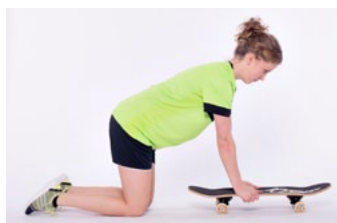


Movement: lean on your forearms on the rehabilitation ball, positioning of the torso and lower limbs as above.

2

SLIDING ON SKATEBOARD OR REHABILITATION BALL

Version 1



Starting position: kneel on all fours, with hands grabbing skateboard.

Movement: lean forward, keeping the torso and hips in a straight line, make slow, smooth movement.



Version 2



Starting position: kneel on all fours, with hands leaning on rehabilitation ball.

Movement: lean forward, upper limbs slightly bent (in the harder version straightened), keeping the torso and hips in a straight line; make slow, smooth movement.

3

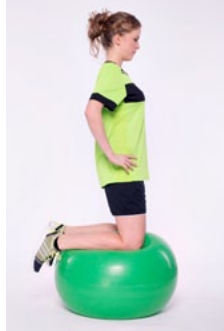
KNEELING ON ALL FOURS ON REHABILITATION BALL

Version 1



Movement: maintaining the kneeling position on the rehabilitation ball as long as possible.

Version 2



Movement: change position from kneeling on all four to kneeling on legs, torso upright, maintain the position as long as possible.

4

LEANING SIDWAYS ON REHABILITATION BALL

Version 1



Starting position: leaning sideways on a rehabilitation ball with torso aligned.



Movement: hold your position while simultaneously raising lower and upper limb.

Version 2



Starting position: leaning sideways on a rehabilitation ball with torso aligned and upper limb bent at the elbow.

Movement: hold your position for approx. 10 seconds.

5

ROTATION OF TORSO IN PUSHUPS POSITION

Version 1



Starting position: pushups position, elbows slightly bent (without hyperextension).
Movement: raise one arm with simultaneous rotation of the torso.

Version 2



Starting position: pushups position, feet placed on a half-ball.
Movement: : raise one arm with simultaneous rotation of the torso.

6

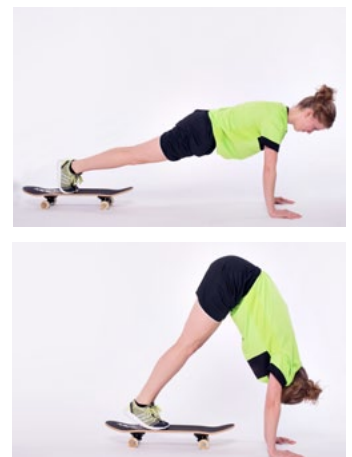
HIP LIFT IN PUSHUPS POSITION

Version 1



Starting position: pushups position, feet placed on rehabilitation ball.
Movement: slowly lift your hips up, back to starting position.

Version 2

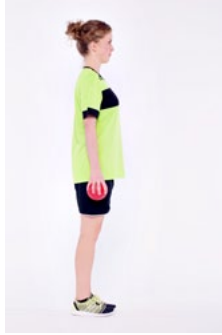


Starting position: pushups position, feet placed on a skateboard.
Movement: slowly lift your hips up, back to starting position.

7

SWALLOW BALANCE EXERCISE

Version 1



Starting position: free standing, weights held in hands (approx. 2 kg each).

Movement: maintain balanced position on one leg while raising both arms forward and one leg backwards (important to keep the pelvis on one level). Keep the position for about 5 sec.

Version 2



Starting position: stand on one leg on the sensor cushion, hold the medicine ball in your hands (approx. 2 kg).

Movement: maintain balanced position on one leg while raising both arms forward and one leg backwards (important to keep the pelvis on one level). Keep the position for about 5 sec.

8

ALTERNATE LOWERING OF THE LEGS WHILE LYING ON THE BACK

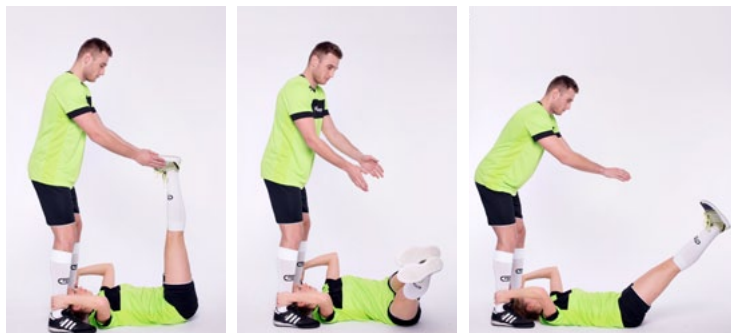
Version 1



Starting position: lie on your back, hands clasped behind the head, legs bent at the knee and hip joints at an angle of 90 degrees, the back in the lumbar region adheres to the mat.

Movement: slowly and alternately lower your legs just above the floor - make sure the lumbar spine adheres to the floor all the time.

Version 2



Starting position: lie on your back, legs bent at the hips and raised, the other person stands next to your head, grab the other person's ankles.

Movement: the person who stands pushes your legs sideways and forward, you slow down the movement.

9

RAISING THE LEGS - AN EXERCISE FOR THE LOWER ABDOMINAL MUSCLES

Version 1



Starting position: lie on your back, arms at your sides, legs straight in the knees raised up at an angle of 90 degrees in the hip joints.

Movement: lift your hips and whole legs vertically upwards (attention - no swinging the legs), this is a small range of motion.

10

TORSO ROTATIONS

Version 1



Starting position: stand in a slight squat, knees bent, legs parallel, feet on sensomotor pillows, pelvis back, torso slightly inclined, hands diagonally upwards grip the rope with resistance (in the photo the exercise is done on a Kaiser device, however, you can use elastic band attached, e.g. to ladders).

Movement: rotate the torso from a slant from top to bottom with a slight tilt of the torso (it is important that the movement is made slowly, smoothly at low resistance - to activate the deep muscles stabilizing the spine).

Version 2



Starting position: stand in a slight squat, knees bent, legs parallel, feet on sensomotor pillows, pelvis back, torso slightly inclined, hands diagonally downwards grip the rope with resistance (in the photo the exercise is done on a Kaiser device, however, you can use elastic band attached, e.g. to ladders).

Movement: rotate the torso from a slant from bottom to top with a slight tilt of the torso (it is important that the movement is made slowly, smoothly at low resistance - to activate the deep muscles stabilizing the spine).

Version 1



Version 2



Version 3



Starting position: stand on one leg, knee slightly bent, the other leg bent at the hip joint and raised, hold a ball of approx. 3-5 kg in front of you.

Movement: disengage one leg to the side.

WATCH OUT! KEEP YOUR PELVIS
IN LINE, DON'T KNOCK KNEES

With sensorimotor disk.

Starting position: : lunge your right leg, keep a medicine ball of around 3-5 kg in front of you.

Movement: : do squat while turning the torso to the right.

THE KNEE AT THE FRONT SHOULD
NOT GO BEYOND THE ANKLE LINE