Lumbar Disk Injury

Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.
Pain should not exceed 3/10 whilst completing this exercise programme.

10 reps / 2-3 sets / 1 minute rest

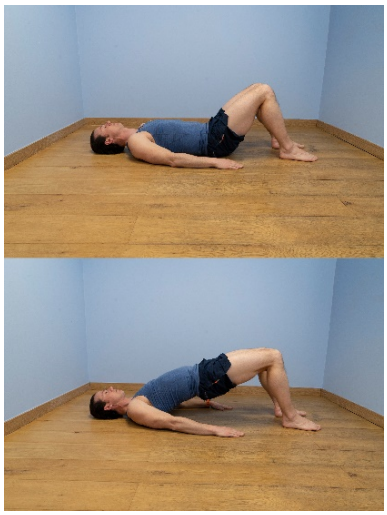
1. Forward bending and arching in standing

- Start standing upright.
- Place your hands on your thighs.
- Slide your hands down your legs allowing you back to bend as you do.
- Go down as far as you feel comfortable and then slowly return to standing.
- Now continue until you arch backwards moving the hips forwards as you do.

2 reps / 30 sec hold / 1 minute rest

2. Child's pose stretch

- Start in a kneeling position.
- From here reach your hands out as far in front of you as possible on the floor with one hand on top of the other.
- Now sit slowly backwards onto your heels until you feel a stretch in your back.
- Note: if you cannot kneel then this exercise can also be done in standing with your hands in front of you on the kitchen table or worktop.
- Hold for 20 seconds relaxing into the position.



15 reps / 2-3 sets / 1 minute rest

3. Bridge in lying

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Lift your hips off the floor. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.

©PurePhysiotherapy2021