



# Physiotherapy Department

Personal Exercise Programme

Back, Acute Advice

Date : 14/03/2001

Put a pillow in your waist to support your back.



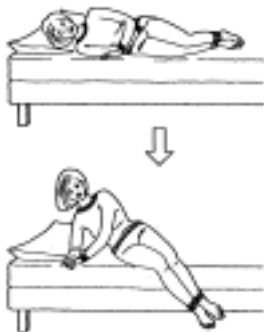
© Jean Oliver, 1995

Rest on the floor with your legs on a stool/settee.



© Jean Oliver, 1995

Getting in and out of bed: roll onto side first and keep your back straight.



© Jean Oliver, 1995

Crawling position.

Arch your spine upwards while letting your head relax between your arms.



© PhysioTools Ltd

Crawling position.

Hollow your back. Keep your neck long and elbows straight.



© PhysioTools Ltd

Lying on your back.

Pull one leg up at the hip to shorten the leg. Repeat with other leg.



© PhysioTools Ltd

Lie on tummy with arms by side.



© Jean Oliver, 1995

Lie on tummy with forearms supporting you.



© Jean Oliver, 1995