

EXERCISES FOR THE BACK: REPAIR

Before and during each exercise you must tense your stomach muscles (abs) and pull up the pelvic floor muscles. The ball you use for these exercises must also be the correct size for your height. When you sit on the ball, your knees must be lower than your hip. See the table below to find your size.

Ball Size	45cm	55cm	65cm	75cm	85cm
Your height (cm)	Less than 150cm	150 – 165cm	165 – 180cm	180 – 200cm	Over 200cm

Reach with the arm and leg

Lie on your stomach on top of the gym ball. Make sure that your back is straight and your head level so that your neck is a straight extension of the spine. Slowly lift your right leg off the floor keeping the back straight at all times. Slowly lift your left arm off the floor keeping it fully straight and pointing forwards. Hold for 10 seconds then return to original position. Repeat x3



Elongate the Back

Sit on the gym ball with your back straight and arms by your sides. Tighten the stomach and pull up the pelvic floor. Slowly lift both arms up and above your head, stretching upwards. Hold for 10 seconds, then return to original position. Repeat x3



Pivot the back

Sit on the gym ball with back straight, shoulders down.

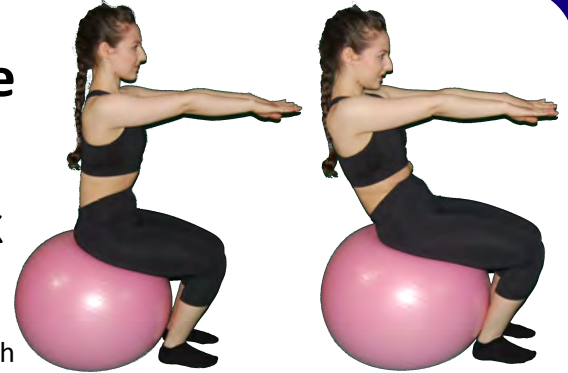
Lift your arms to the front. Tightening your stomach and pelvic floor, slowly rotate the body in a clockwise direction until you reach 90 degrees. Keep the hips facing forward. Hold for 10 seconds, return to original position and repeat in the opposite direction. Repeat x3.



Angle the Back

Sit on the gym ball with

your back straight, shoulders down. Lift your arms to the front. Tightening your stomach muscles, slowly lean backwards as far as possible. Try to keep your hips still. Hold this position for 10 seconds then return to original position and repeat this action x3



Incline the Leg

Lie with your back on the floor with one foot resting on the gym ball and the other fully straight and flat on the floor. Keeping the abs and the pelvic floor muscles tight, slowly lift the leg off the floor keeping it straight. Hold for 10 seconds then return to original position and repeat action with other leg. Repeat x3.



Raise the legs

Lie on your stomach on top of the gym ball. Make sure that your back is straight and your chin is tucked into your chest, so that the neck is straight with the spine. Slowly lift one leg off the floor keeping the back straight at all times. It is very important to keep the abs and pelvic floor muscles tight here. Hold position for 10 seconds. Return to original position and repeat x3



Do 3 sets of the exercises, 3 times a day
Compiled by George Ampat, Consultant Spinal Surgeon, Royal Liverpool Hospitals



Cheadle Hulme

Feet and Spine
The Precinct
Cheadle Hulme
SK8 5BB

Liverpool

Feet and Spine
88 Rodney Street
Liverpool
L1 9AR

Manchester

Feet and Spine
19 St. Johns Street
Manchester
M3 4DS

0161 488 4491

www.feetandspine.com

What we do...

1

Smart and comfortable shoes for painful feet or for people who stand for long hours



2

Orthotics and Arch supports:
Off the shelf, computer matched and bespoke
- manufactured in store while you wait!



3

Sit/Stand workstations: Ergonomic chairs and height adjustable tables



4

Comprehensive digital foot & spine scans: Pressure, Arch & Gait foot scan (PAG)
Spine Surface scan (Rasterstereogram)



5

Podiatry, Physiotherapy, Consultation with Orthopaedic Surgeon & Rheumatologist



6

Back and neck braces, Knee, Ankle, Elbow, Wrist splints and other Orthopaedic products

