

Low Back Routine

How To Stretch:
 No pain or discomfort as you stretch.
 Hold your stretches for the recommended time in ease.
 If it hurts ease off. If it continues to hurt **STOP** and ring your practitioner for advice.
 If your unsure about a stretch, ring and get advice.

Types Of Stretching:
Easy Normal stretching held from 0 - 30 seconds
Progressive is from 30 - 60 and develops length in a muscle
Drastic/Ballistic is any stretch that causes pain. The body reacts by contracting the muscle group being stretched resulting in micro trauma to the muscle.



B-Pro-Active Healthcare

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Osteopathy, Podiatry, Acupuncture,
 Homœopathy & Reflexology

Hold for:	Repetitions:
(0 - 30 sec) (X2) (X3)	AM/Noon/PM
(30 - 60 sec) (X2)	AM/PM



Put a pillow underneath your head. Lying on your back, bend knees up, drop knees out to the side bring the soles of your feet together.



Take your ankle and rest it on the opposite knee. Place your hand on your knee and gently push.



From the ankle cross over position, slide the ankle over until one knee crosses the other. The knee on top is the lever to take the other knee over as shown. Repeat for opposite side.



Bend your knee up. Grasp behind the knee as shown and pull back towards your chest, letting your shoulders relax. Repeat for the opposite side.



Bend both knees up. With ankles and knees held together, drop both legs to the left and hold. Repeat for the right.



Bend knee up to 90°, with the hip at 90°. Place right arm out to balance and bring the left across and hold the knee as shown. Gently pull the knee over. Repeat for left.



From the ankle cross over position, lean gently forward and grasp the ankle and the knee as show. Holding both, lean back onto the pillow and stretch. Repeat for opposite side.



Place both hands behind in sitting position. Bend leg up and cross ankle over the opposite knee as shown. Place opposite arm on the bent knee and rotate and push with the elbow at the same time

Notes

Working Diagnosis:

Management Plan:

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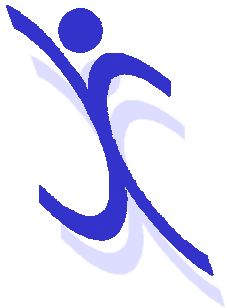


Standing half a meter from the chair, place foot in the middle of the seat pan. Place hands on the knee for support. Gently lean forward. Keep your body upright, looking straight ahead and hold for the allotted time. Feel a gentle stretch with no pain.



From the lunge position, lean back, rest your heel on the seat pan. Go into the reversed lunge by keeping the knee bent and bending forward. Feel a gentle stretch and hold for the allotted time. Change to the opposite leg and repeat for the other side.

Remember, No Pain and No Bouncing as you stretch!!!!



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