

Thoracic and Lumbar Spine Range of Movement Exercises

Please complete this programme _____ per day

Tick the required exercise below

1. Pelvic Tilt



- Lie on the floor with your knees bent and feet flat.
- Make a diamond-shape with your hands and place this so that your thumbs rest on your tummy-button and your index fingers rest on the bottom of your trouser zip.
- Roll your fingers towards the floor creating an arch in your lower back, then roll you're thumbs towards the floor to flatten your lower back. Repeat ____ times.

2. Knee Hugs



- Lie on your back with knees bent and feet flat.
- Hug one knee to your tummy and hold for seconds. Repeat ____ each side

3. Knee Rolls



- Lie on your back with knees bent and feet flat.
- Gently roll your knees to one side then bring back to the middle and roll to the other side. Repeat ____ times.

4. Shoulder Bridge



- Lie on your back, knees bent and feet flat on the floor.
- Gently roll your lower back into the mat and then peel your spine up, one bone at a time until you are resting on your shoulder blades.
- Hold this position for seconds. Repeat ____ times.

5. Angry/Happy Cat



- On all 4's with your hands under your shoulder and knees under your hips.
- Keep your knees hip width apart and your elbows straight.
- Using your tummy muscles, breathe in and arch your back like an angry cat.
- Breathe out and relax your tummy and stick your bottom out to hollow your back like a happy cat. Repeat ____ times.

6. Supine rotation stretch



- Lie on your back on the floor.
- Roll knees roll to one side then turn head and arms to rest the opposite way.
- Hold for 30 seconds. Repeat ____ times.



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7. Child Pose



- From a crawling position, keep your hands on the floor and sit your bottom back onto your heels.
- Stretch your hands forwards keeping your bottom down and feel the stretch in your lower back.
- Stretch your right arm forward and then your left arm forward
- Hold for 30 seconds. Repeat ____ times.

8. Roll Downs



- Stand up tall with feet hip width apart.
- Tuck your chin down then bend your shoulders forward and keep rolling forwards towards the floor one bone of your back at a time. Hold for Seconds at the bottom.
- Return to starting position. Repeat ____ times.

9. Seated Rotation



- Sit on the edge of a bed/chair with your arms crossed over your chest.
- Slowly turn your upper body and head to look over one shoulder.
- Hold seconds. Repeat ____ times both sides

10. Crucifix Stretch



- Lie on your back with a rolled up towel under your mid-back and head supported on the floor.
- Stretch your arms out to your sides keeping your elbows straight and palms facing down.
- Feel stretch across your chest. Hold for 30 seconds. Repeat ____ times.

11. Arm openings



- Lie on your side with your hips and knees bent and head resting on a small pillow.
- Rest your arms out in front one on top of the other.
- Lift your upper arm and draw an arc with it so your upper body rotates towards the ceiling. Repeat ____ times.

12. Thread the Needle



- On all 4's with elbows straight, hands under your shoulder and knees under your hips.
- Stretch one hand across the body through the other arm as if threading a needle.
- Feel the stretch in your lower back. Hold for 30 seconds. Repeat ____ times.

