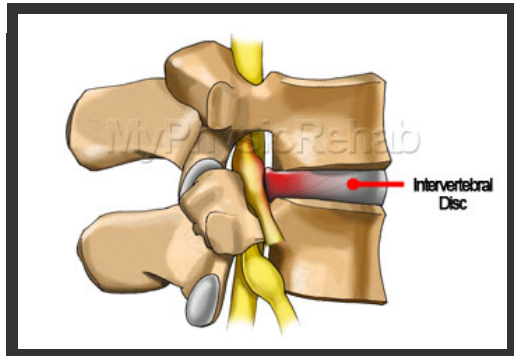


24 Jun 2010

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions



## Lumbar Disc Dysfunction

- Discogenic pain typically increases with sitting, flexion, coughing, sneezing, or activities that involve bending.
- Radiculopathy (leg pain along line of nerve distribution) can occur with lumbar disc pain. Pain may be exacerbated with sitting, and pain may be reduced during standing or walking.
- Injury occurs typically during a flexion, rotation, or combined flexion-rotation injury.
- Physiotherapy management involves joint and soft tissue mobilisation, strengthening of the lumbar spine musculature and mobilisation of the neural structures.



## Good Sitting Posture

- Sit well back into the chair
- Tilt seat forward slightly to rotate top of pelvis so spine is in neutral
- Adjust chair height so hip is slightly higher than knee
- Ensure feet flat on floor, shoulder width apart
- Sit in balanced upright posture with head over the shoulders
- Move chair in close to desk to avoid stretching upper body forwards



**3**

REPS

## Lumbar Extensions with Straight Arms

- Lying on your stomach
- Put hands at shoulder level and push up through arms
- Ease up as far as pain or stiffness allows
- Use your arms to push up, do not lift with the back muscles
- Your stiffness or discomfort should ease with repetition, if it does not then discontinue
- Repeat x10



**10**

REPS

**3**

SETS

## Side Glides in Standing

- Standing with Shoulder into wall feet 30cm away
- Put hand on hip and ease hip into wall as far as pain or stiffness allows
- Pause then repeat
- It should become easier with repetitions, if it does not then discontinue
- Your Health Professional will instruct which shoulder to place on wall

**I have taped your back to keep it straight. Unless it irritates your skin, leave it on until tomorrow**

These exercises are to be performed at the discretion of your Health Professional. Myphysiorehab.com does not accept responsibility for damage or injury suffered whilst performing these exercises. Please seek advice from your health professional if you experience any discomfort during your exercise routine.