

Exercise E : Standing on all-fours

Exercise 1



Starting position: On all-fours, back straight.

Method : 1. Pull in the abdomen and keeping the palms touching the floor, head bent between the arms, move backwards to rest upon the ankles. Revert the starting position by slowly moving the lumbar region.

Exercise 2



Starting position: Standing on all-fours

Method : 1. without displacing hands, head bent between the arms, move backwards to sit on the floor on one side of your feet.
2. Raise your torso up, head bent down, without displacing the palms from the floor, Revert to starting position and repeat exercise for the other side.

Exercise 3



Starting position: On all-fours.

Method : 1. Draw left leg up bringing the knee up to the chest, head bent.
2. Stretch leg out backwards.
3. Revert to starting position and repeat with the other leg.



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Cervical Column RE-HABILITATION EXERCISE

To mobilise the cervical segment and to correct its defective conditions; also to relax the muscles of the nape and muscles of the shoulders girdle.

LUMBAR SPINE EXERCISE CHART

Objectives : To mobilise the lumbar spine column and the coccyco-vertebral articulation. To strengthen the extensor muscles of the spinal column, as well as to strengthen the abdominal and gluteal muscles, to correct the lumbar posture be carried out : Preferably on a hard surface.

Exercise A : Lying On Back, Face Upwards

Exercise 1



Starting position: Lying on the back, right leg stretched straight out and left leg bent at the knee, foot resting on the floor.

Method : 1.Contract abdominal muscles, pressing lumbar region against the floor.
2.Bending the knee, draw up right leg towards the chest
3.Bring right leg down slowly, raising the lumbar region slightly.
Repeat with left leg.

Exercise 2



Starting position: Lying on the back, both leg draw up, bent at the knees, soles resting on the floor, arms alongside the body.

Method : 1.Contract abdominal muscles, pressing lumbar region against the floor.
2.Draw legs up, bringing both knees against the chest, keeping arms by your sides.
3.Revert to starting position, raising the lumbar region slightly.

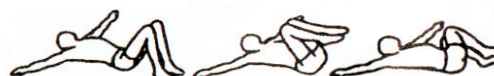
Exercise 3



Starting position: Lying on the back, both leg bent at the knee, soles resting on the floor, hands stretched straight alongside the body.

Method : 1.Contract abdominal muscles, pressing lumbar region against the floor.
2.Draw both knees up against the chest, then slowly raise both legs vertically up at right angles to the body.
3.xxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxx xxxxxxxx.

Exercise 4



Starting position: Lying on the back, both legs drawn up, bent at the knees, soles resting on the floor, arms alongside the body.

Method : 1.Bring the legs up together, knees over the chest.
2.Without moving lower back from floor, turn body to the left, bend legs touching floor as close as possible to extended arm.
3.Bring back knees over the chest, and revert to starting position.
Repeat on the other side.

Exercise B : Seating on the floor

Exercise 1



Starting position: Sitting down with legs drawn up, knees bent, soles touching floor, outstretched arms resting on knees around shoulder level.

Method : Curve the back and try and push it backwards to the maximum extent., bringing outstretched arms to the sides of the knees, without losing your balance. Return to starting position.

Exercise C : Lying on the side

Exercise 1



Starting position: Lying down on the right side with right hand bent at elbow and tucked under head, left hand resting on floor, palm downwards in line with the chest, left leg stretched out with toes touching floor. Right leg flexed and tucked under.

Method : Raising the left leg, draw the knee towards the chest curving the lumbar region.

Exercise D : Lying Face downwards

Exercise 1



Starting position: Lying face downwards, legs extended forehead resting on folded arms..

Method : Protract the left leg and then contract it toward the body without bending the knee.

Exercise 2



Starting position: Lying face downwards, legs extended head resting on folded arms..

Method : Raising extended legs alternatively.

Exercise 3



Starting position: Lying face downwards, legs extended and resting on folded arms.

Method : Keeping the feet together, raise both simultaneously.

Exercise 4



Starting position: Lying face downwards, arms stretched beyond head.

Method : Simultaneously raise one extended arm **** opposite leg, repeating with the other arm and xxxxxxxxxxxx xxxxxxxx.

Exercise 5



Starting position: Lying face downwards, legs extended forehead resting on folded arms..

Method : x xxxxxxxx xxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxx.