

Dr Pradeep K Singh

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ROOM NO # 2 GROUND FLOOR

THE SPINE CLIIC, Dr L H HIRANANDANI HOSPITAL

POWAI, MUMBAI

## BACK EXERCISES

#1



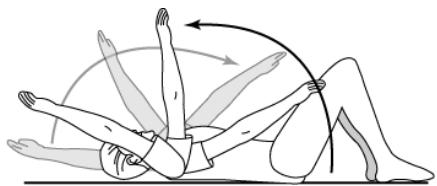
#2



Simply get in the above position and Gently pull your knee to your chest and repeat the other side.

Simply contract your belly-button downward and lifting your butts/ trunk up.

#3



#4



Assume same position in ex 2. Put one arm straight over-head and the other arm down by your side.

Do cycling alternatively and as demonstrated.

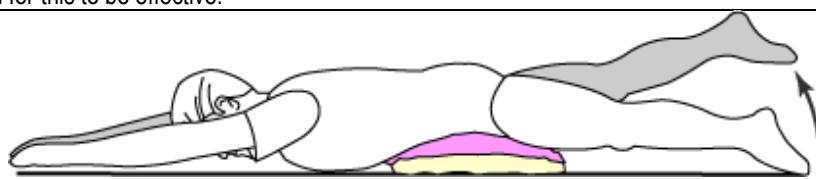
#5



Do not use pillow below tummy

Slowly raise your left arm (keeping it straight) upward and slowly lower and repeat with the other arm. Only raise your arm to a comfortable height. You don't have to go very high for this to be effective.

#6



Do not use pillow below tummy

Slowly raise your left leg (keeping it straight) upward and slowly lower and repeat with the other lower limb. Only raise your leg to a comfortable height.

#7



Do not use pillow below tummy

Simultaneously lift the white arm (left) and grey leg (right) slowly upward. Don't force it! Just go as high as you can. Hold this top position for 5 to 7 seconds and then lower. **Repeat all exercises for 2 sessions per day & 10- 15 repetitions per session & holding each position for 5-7 seconds.**

**Any exercise(s) which is aggravating your pain, don't do that exercises for few days and re- evaluate yourself after 2-3 days, if no pain can start.**

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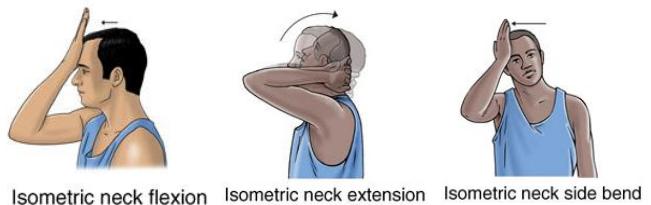
## Neck Exercises

Divided into three parts as follow:

1. Warm up Exercises.
2. Stretching Exercises.
3. Strengthening/ Isometric Neck Exercises and Scapular Exercises.

Warm ups:

- Bending your neck forward and backward.
- Bending your neck sideways.
- Turning your neck towards right and then left.



Stretching Exercises:

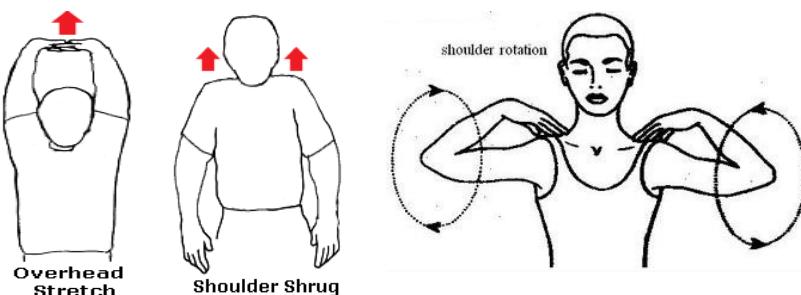
- Bend your neck forward and put a mild to moderate force downward from vertex using your hands.
- Stretching side ways using your opposite hand.

Isometric Neck:

- Same positions as warm up exercises, holding in a neutral position for 5 seconds. Put equal and opposite pressure with hand(s).

Shoulder Exercises:

- Shoulder Stretch.
- Shoulder Shrugging.
- Shoulder rotations.



Proper Posture

- Good executive chair with back support of 100- 110 degree.
- Accommodate your buttock to the angle of the chair so that your lower as well as upper back is supported.
- On computer eye level and monitor should be in straight line.
- While working on computer or reading or writing job – keep your arms close to your body.
- Don't slouch or lean while reading and writing.
- Change your posture before 45 minutes of prolong sitting.
- Don't sit without support for more than 15- 20 minutes.

Sitting: