



## EXERCISES



### **Supine Sciatic Auto neural Mob 2**

Lie on you back, with a table up at a comfortable angle (the angle should be slightly out of the symptoms (not causing sciatic nerve pain). Flex your neck as you plantar flex the foot on the affected side. Then extend your neck as your dorsiflex. Continue to use this pump action.

**Repeat** 10 Times  
**Complete** 1 Set  
**Perform** 3 Times a Day



### **PIRIFORMIS STRETCH**

While lying on your back, hold your knee with one hand and your ankle with the other. Pull your leg up and over towards the opposite shoulder as shown.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day



### **LOWER TRUNK ROTATIONS - LTR**

Lying on your back with your knees bent, gently rock your knees side-to-side.

Video # VWHFZ3NCW

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Day



### **PELVIC TILT - SUPINE**

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Video # VVHBZ4XN3

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Day





## DEAD BUG



While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Day



Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Return to starting position and then repeat on the opposite side.

## UPPER TRUNK ROTATIONS - UTR



While sitting in a chair, cross your arms over your chest and then rotate your upper body side-to-side.

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 3 Times a Day

Video # VVJKT38VT

## RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND



Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

**NOTE:** You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Video # VVMVPQX76

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day

### **Transversus Abdominis (TA)**

The transversus abdominis muscle is the deepest of the abdominal muscles and is one of the main stabilisers of the lower back and pelvis. The orientation of the muscle is similar to a corset, whereby it wraps around your lower abdomen and attaches to your lower back.

When the muscle contracts it acts like a back brace stabilising your spine and supporting your lower back. However, we would not recommend using a lumbar brace/support or belt. Research has proven this to have a detrimental effect and actually weaken the core muscles.

#### ***To activate your TA***

- Lying on your back with your knees bent up and feet flat on the bed.
- Slowly draw your belly button down and inwards (away from your belt line).
- Breathe normally. Do not hold your breath.
- Your rib cage should remain relaxed and should not lift up during this process.
- You should be able to feel the muscle contracting.
- Gently hold this muscle at 20 – 30% of a maximum contraction. Do not brace/tense the rest of your body.

### **Pelvic Floor (PF)**

The PF muscles are the muscles located between your legs and run from your pubic bone at the front, to the base of the spine at the back. As their name suggests, they form the floor of the pelvis. They are shaped like a sling holding your pelvic organs (bladder and bowel) in place. The pelvic floor muscles form an integral part of your spinal support musculature and as such, it is important to maintain the strength in these muscles.



**Meyer**  
PHYSIOTHERAPY

### ***To activate your PF***

Correct technique is very important when doing PF muscle exercises. You should feel a distinct 'lift and a squeeze' inside your pelvis. The lower abdomen may flatten slightly, but try to keep everything above the belly button relaxed and breathe normally.

It is important to remember that this is a “secret exercise”, as only the PF muscles should be working; this is an exercise that no one can see you performing!

When learning how to activate the PF men and women often find different teaching methods beneficial:

- Lie on your back with your knees bent up and feet flat on the bed.

#### **Women**

Squeeze and draw in the muscles around your vagina and back passage together – as if stopping yourself from passing urine and wind at the same time. You should feel the distinct lift and squeeze of your PF, as if closing and zipping up your back and front passages.

#### **Men**

Squeeze and draw in the muscles that control your bladder and back passage together - as if stopping yourself from passing urine and wind at the same time. You should feel the distinct lift and squeeze of your scrotum upwards.

- Breathe normally and gently hold this muscle contraction at 20 – 30% of a maximum contraction. Hold for 5–10 seconds. Repeat 10 times