

5 SIMPLE EXERCISES TO

# IMPROVE LOWER BACK PAIN



## **THE BIGGEST MISTAKE MOST PEOPLE MAKE WHEN IT COMES TO RELIEVING LOWER BACK PAIN.**

When it comes to lower back pain, the last thing you feel like doing is exercise, however research proves that movement is the key to easing lower back pain.

Due to our pain we can become fearful of moving but this will only make your back issues worse.

Check out some of the best exercises that will not only help to loosen your lower back but your mid and upper back too.



# PELVIC CLOCK

## Aim:

- To learn pelvic awareness and control.
- To release and mobilise the pelvis and lumbar spine.

## Starting position

- Relaxation position.
- Imagine there is a clock face on your lower abdomen, the navel is 12 o'clock, the pubic bone is 6 o'clock, the hip bones are 3 and 9 o'clock.
- Visualise a marble in the middle of the clock face.

## Movement

1. INHALE: Prepare the body (avoid too much movement in the legs)
2. EXHALE: Tilt the pelvis posteriorly to imprint the lower back into the mat, visualise the marble rolling to 12, continue to roll the marble around to 1 o'clock and so on, rotating the pelvis until arriving at 6 o'clock where the pelvis will be centred and anteriorly tilted - lower back gently over arching away from mat.
3. INHALE: Continue to roll the marble around up to 7 o'clock and so on, rotating the pelvis until arriving in the centre once again in a posterior tilt at 12 o'clock.
4. Repeat five times in both directions (avoid tension in the hips)



# SPINE CURL

## Aim:

- To mobilise the spine and hip joints.

## Starting position

- Relaxation position.

## Movement

1. INHALE: Prepare the body .
2. EXHALE: Initiate the move with a posterior tilt of the pelvis to flatten your lower back into the mat, begin to peel the spine off the mat one vertebra at a time. Roll the spine sequentially bone by bone, up to the tips of your shoulder blades, lengthening your knees away from your hips. (there shouldn't be any pressure on your head).
3. INHALE: Hold your position, lengthen the spine, ensure your pelvis is once again in neutral.
4. EXHALE: Roll the spine back down to the mat, softening the breastbone and wheeling each bone down, upper back first, then the mid back, then the lower back, until you are back on the mat, releasing the pelvis back to neutral.
5. Repeat up to 10 times.



# ARM OPENINGS

## Aim:

- To mobilise the spine and shoulder joints.

## Starting position

- Side lying chair position. The pelvis and spine are in neutral.
- Place a cushion underneath the head to keep your head in line with your neck and spine.
- Bend both knees front of you so your hips and knees are at a right angle. Stack ankles, knees hips and shoulders.
- Lengthen both arms out in front of your body at shoulder height.

## Movement

1. INHALE: Raise the top arm, keeping it straight and lifting it above the shoulder joint towards the ceiling, simultaneously roll your head and neck to face the ceiling .
2. EXHALE: Continue to rotate your head, neck and upper spine, carrying your arm with you, keep your pelvis still, keep your knees glued together.
3. INHALE: Start to rotate back, bringing the arm halfway to above the shoulder.
4. EXHALE: Return to the start position.



# COBRA (BEGINNER)

## Aim:

- To mobilise the cervical and thoracic spine through extension.

## Starting position

- Prone Position. The pelvis and lumbar spine are in neutral.
- Legs slightly wider than hip with apart and turned out at the hips.
- Hands are placed palm down into the mat slightly higher than the shoulders shoulder width apart.
- Elbows bent and in contact with the mat.

## Movement

1. INHALE: Prepare the body (maintain length and energy in the legs throughout).
2. EXHALE: Lift the head, cervical and thoracic spine one vertebra at a time (keep your lower ribs in contact with the mat).
3. INHALE: Maintain your lengthened position (keep the shoulders free of tension).
4. EXHALE: Return the chest and head sequentially back down to the mat, maintaining length throughout.





# CAT

## Aim:

- To mobilise the spine in flexion.

## Starting position

- Four Point kneeling keep the weight evenly distributed between both hands and both knees.

## Movement

1. INHALE: Prepare the body, (fully lengthen the arms but avoid locking the elbows).
2. EXHALE: Roll your pelvis underneath you, as if directing your tailbone between your legs. As you do so, your lower back gently rounds and then your upper back, followed by your neck. Finally nod your head slightly (aim for an elongated c curve, evenly flexed through the spine).
3. INHALE: Maintain your position.
4. EXHALE: Simultaneously start to unravel the spine , sending the tailbone away from the crown of the head to return to neutral position.
5. Repeat up to 10 times.



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