

Lumbar Extension Exercises

Superman Exercise - Starting Position

Lay on the ground with your arms stretched out in a “V” position. Support your head with a small rolled up towel to maintain a neutral spine, and keep your chin slightly tucked.

You can lay on the floor or a bed. If you are on a bed, you may need a pillow under your stomach for extra support and comfort.



Superman Exercise - Legs

Raise one leg at a time while being sure to keep your abdominal muscles active. Don't arch your back. Raise your leg up 4-6 inches if you can. If you start to twist in the trunk or low back, then stop. Only raise the leg as far as you can without twisting.

Perform two sets of 10 repetitions, 1-2 times a day.



Superman Exercise - Arms and Legs (Opposite)

Raise your opposite arm and leg. Be sure to keep your abdominal muscles active. Don't arch your back. Raise your leg up 4-6 inches if you can. If you start to twist in the trunk or low back, then stop. Only raise the leg as far as you can without twisting. Be sure to keep your chin slightly tucked and in a neutral position. Keep your shoulder blades back and down. Don't shrug.

Perform two sets of 10 repetitions, 1-2 times a day.



Superman Exercise - Arms and Legs (Same Time)

Raise your arms and legs. Be sure to keep your abdominal muscles active. Don't over arch your back. Raise your legs up 4-6 inches if you can. As your head elevates, be sure to keep your chin slightly tucked and in a neutral position. Keep your shoulder blades back and down.

Perform one set of 5 repetitions. Hold each repetition for 30 seconds, 1-2 times a day.



Bridge Exercise - Starting Position

Lay on your back with your knees bent to prepare for the bridge exercise.



Bridge Exercise

Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Pause, and then return back down to the ground. Do not let your pelvis wobble as you move up and down.

Perform two sets of 10 repetitions, 1-2 times a day.



Ball Extension - Starting Position

Position your feet against a wall to assist you with your balance. Your legs stay straight. Keep your chin down in a neutral position and your hands crossed behind your head. You can cross your arms over your chest to make it easier. For more of a challenge, stretch both of your arms into the “V” position (as shown in the superman exercise).



Ball Extension

From your starting position, slowly raise your upper body until you have a slight arch in your back. Keep the movement pain free.

Perform two sets of 15-20 repetitions, 1-2 times a day.

