



Comprehensive Guide to Physiotherapy Exercises

Spine Strengthening Exercises

(*Exercises recommended and approved by Qualified Physiotherapist)

A 'Patient Awareness Initiative' from
NOVELTY
HealthShine Pvt. Ltd.

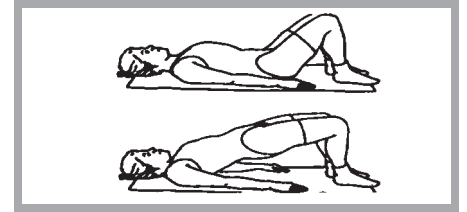
Makers of
Reflex-360
[13 Collagen specific amino acids (with 3 BCAAs) - 10 g.
Rosehip extract 550 mg & Devil's claw extract (iridodictyon) 100 mg powder/ 14 g sachet]

Comprehensive Guide to Physiotherapy Exercises

Spine Strengthening Exercises

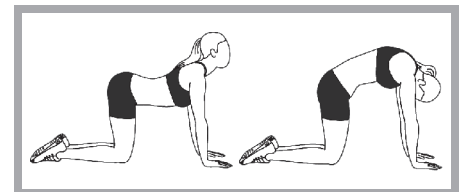
Pelvic Tilts

- Lie on your back with knees bent and feet flat on the floor.
- Tighten your abdominal muscles and flatten your back against the floor by tilting your pelvis upward.
- Hold for 5 seconds and then release.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



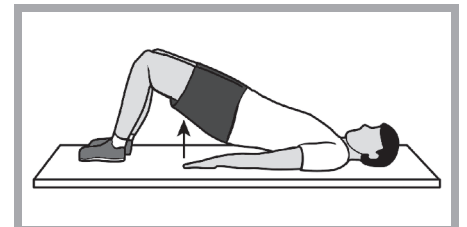
Cat-Cow Stretch (Marjariasana)

- Start on your hands and knees with your wrists under your shoulders and your knees under your hips.
- Inhale as you arch your back, dropping your belly towards the floor and lifting your head and tailbone (Cat position).
- Exhale as you round your back, tucking your chin and pelvis (Cow position).
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



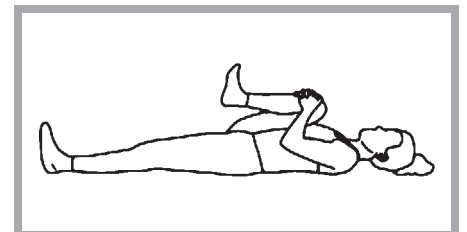
Pelvic Bridging (without a pillow)

- Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
- Place your arms by your sides, palms facing down.
- Engage your core muscles and press your feet into the floor as you lift your hips off the ground until your shoulders, hips, and knees form a straight line.
- Hold the position for a few seconds, then slowly lower your hips back to the starting position.
- Repeat with the other leg.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



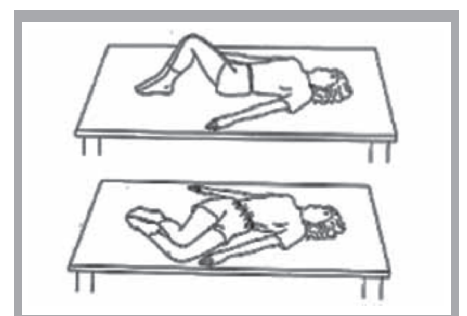
Alternate Knee to Chest (lying)

- Lie on your back with your legs extended straight and your arms at your sides.
- Slowly bring one knee towards your chest, using your hands to gently pull it closer.
- Hold the position for 15-30 seconds, feeling the stretch in your lower back and hip.
- Lower your leg back to the starting position and repeat with the other leg.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



Spinal Rotation (Supine)

- Lie on your back with your knees bent and feet flat on the floor.
- Extend your arms out to the sides, palms facing down.
- Gently lower both knees to one side, keeping your shoulders flat on the floor.
- Hold for 10 seconds, then bring your knees back to the center and lower them to the other side.
- Repeat on the other side.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



Comprehensive Guide to Physiotherapy Exercises

Spine Strengthening Exercises

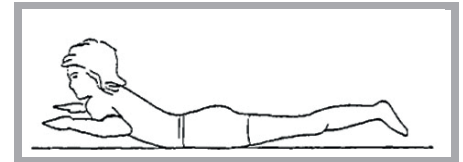
Seated Spinal Twist

- Sit on the floor with your legs extended in front of you.
- Bend your right knee and place your foot flat on the floor outside your left thigh.
- Place your right hand behind you for support and twist your torso to the right, bringing your left elbow to the outside of your right knee.
- Hold the twist for 15-30 seconds, then repeat on the other side.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



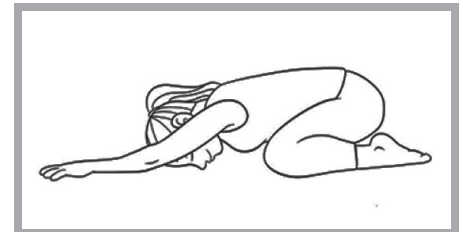
Prone Extension

- Lie face down on the floor with your hands under your shoulders.
- Gently press your hands into the floor, lifting your upper body (chest and head) off the ground while keeping your hips and legs on the floor.
- Hold the position for a few seconds, then slowly lower back down.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



Child's Pose

- Start on your hands and knees with your knees spread wide apart and your big toes touching.
- Sit your hips back towards your heels and extend your arms forward, resting your forehead on the floor.
- Hold this stretch for 30 seconds to 1 minute, feeling the stretch along your spine.
- Perform _____ sets of _____ repetitions _____ times/day
A) 3 sets of 12 reps B) 4 sets of 10 reps C) 2 sets of 15 reps



(Reps - Repetition)

References:

- Arthritis Foundation. (n.d.). Knee Osteoarthritis Exercises.
- <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/knee-osteoarthritis-exercises>
- (<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/knee-osteoarthritis-exercises>)
- <https://orthoinfo.aaos.org/en/recovery/knee-conditioning-program/>
- <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/your-exercise-solution/lower-body-movements/knee-movements>
- American Academy of Orthopaedic Surgeons (AAOS): Back Exercises
- Johns Hopkins Medicine: Exercise for Osteoarthritis
- American Academy of Orthopaedic Surgeons (AAOS): [Shoulder Exercises]
- <https://benchmarkphysio.com.au/physiotherapy-exercises-for-lower-back-pain/>

