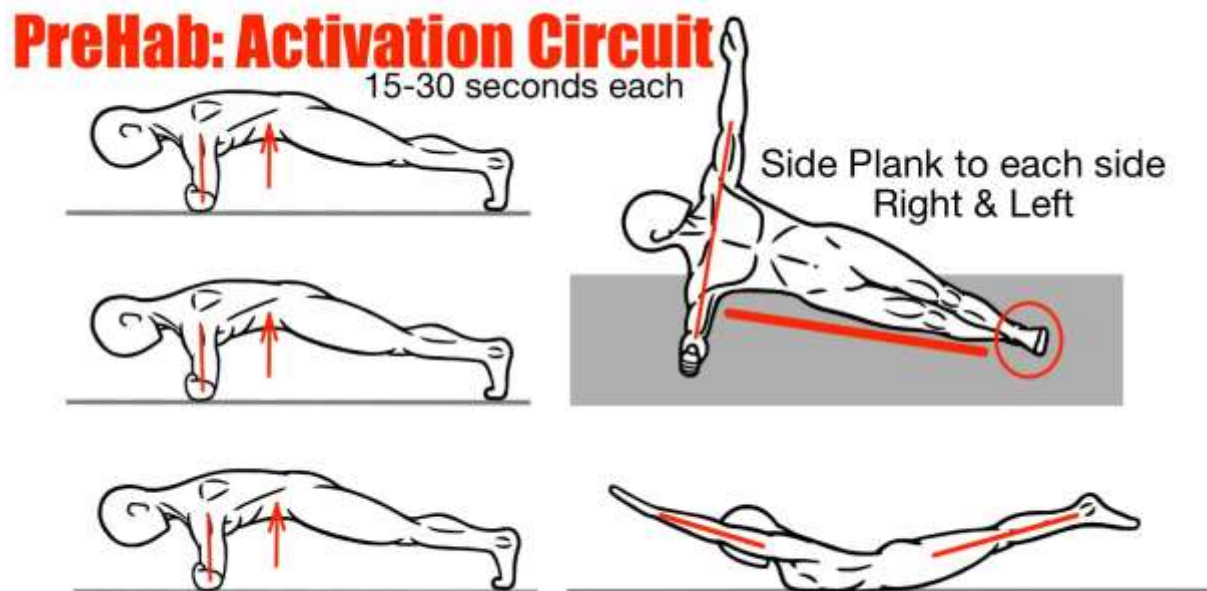


# Prehab for low back pain/sciatica

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Here are some exercises which will help you prevent low back pain/ sciatica. We strictly advice you to consult your Physio/ Trainer/Healthcare provider before you try these exercises if you are a beginner or are recovering from a musculoskeletal injury.



## THE PLANKS:-

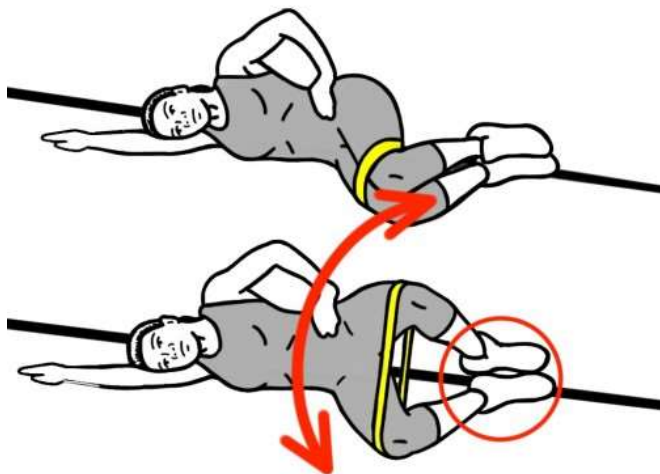
Start with the front plank position. Lie down on your stomach, bring both elbows beneath shoulders and keep feet hip length apart, now raise your hip up such that a flat plank can rest on it. Now hold this position for 15 seconds for starters. Repeat 3 times

## SIDE PLANK VARIATION:-

Turn out on the side and come back to the front plank position. Repeat 5 times.

## THE DIVERS:-

Lie down flat on the stomach and keep both arms stretched up. Now lift both arms and legs up simultaneously and slowly keep them down. Repeat 10 times. For starters

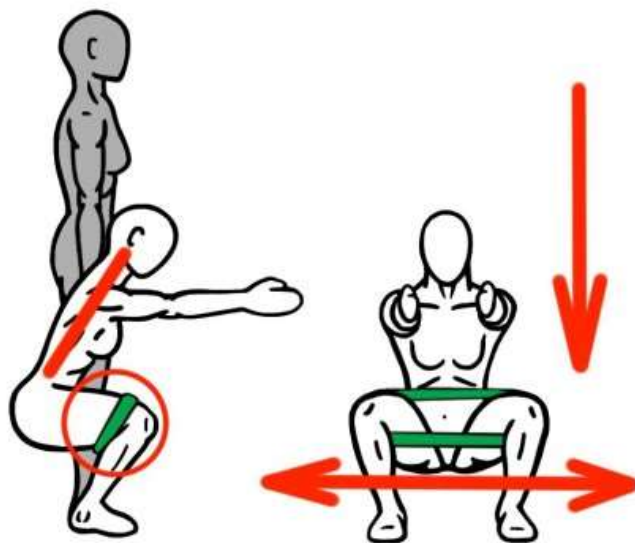


### LOOP CLAMSHELLS:-

Lie down on a side, bend both knees and wear the loop just above the knee joint. Alternatively you can tie a resistance band. Keep both the feet on top of each other.

Now slowly lift the top knee out while you maintain the back stable.

Repeat 10 times for 3 sets.



### LOOP SQUATS:-

Stand with feet hip length apart. Wear the loop just above the knee or alternatively you can tie a band. Raise your arms uptill 90 degrees.

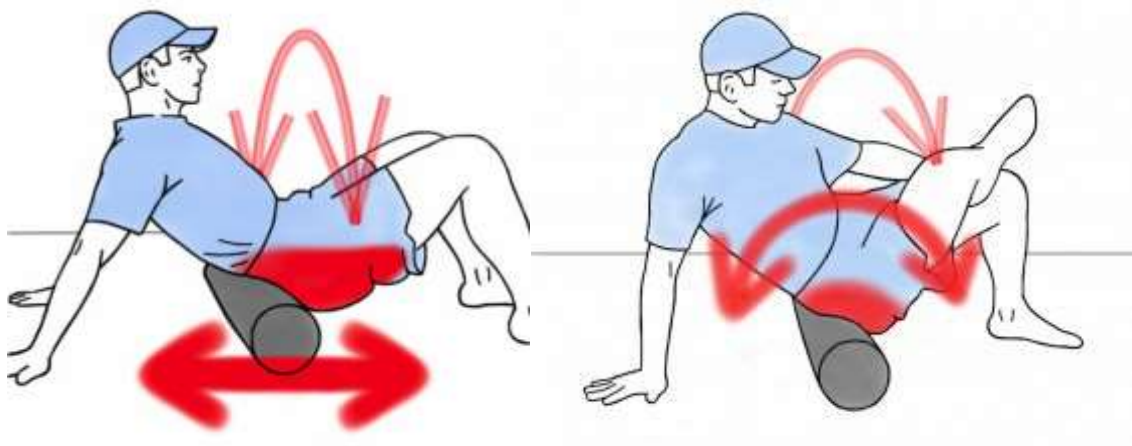
Slightly pull the knee out and squat halfway down till the thighs are parallel to the floor.

Repeat 10 times for 3 sets.



### **SOFT TISSUE THERAPY:-**

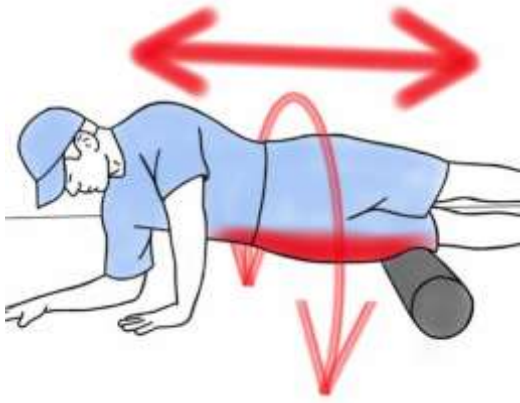
It's very important to release your buttock muscles either using a foam roller or by getting a massage done or by using a tennis ball to maintain the balance of flexibility and stability of the hip muscles. These hip muscles have a major influence on low back and hence maintaining the balance is of utmost importance.



### **FOAM ROLLING FOR GLUTS/ BUTTOCK MUSCLES:-**

Sit on a foam roller with knees bent and arms supporting behind and move the roller front and back. For better effect cross one leg and keep it on the opposite knee and move front and back.

Repeat around 5-10 times.



### **FOAM ROLLING FOR SIDE OF THIGH.**

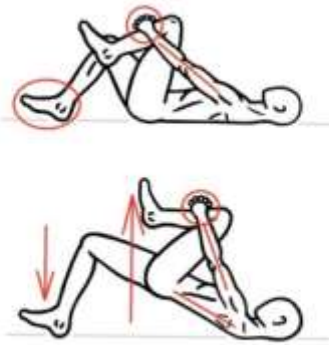
Lie down on the foam roller sideways with the foam roller at the knee level. Now roll up and down. Repeat 10 times.



### **THE FLOOR BRIDGE:-**

Lie down on your back, keep both knees bent. Both the arms should be on the side, now lift your buttocks up to form a bridge.

Repeat 10 times for 3 sets.



### **THE SINGLE LEG BRIDGE:-**

Followed by the bridge, comes the single leg bridge. Focusing on individual leg control and back coordination.

Lie down on the floor bend both knees, lift one knee and hold at the knee with both arms.

Now lift your buttocks up to form a bridge and slowly take them down.

Repeat 10 times for 2 sets each leg.



### **ALL 4 ARM LEG KICK OUTS:-**

This exercise is mainly focused on maintain the spine stability while you move your one leg and the opposite arm.

First come in all 4 position and search for a neutral spine position.

For neutral spine arch and hunch your back and finally settle in a centre position.

Now maintaining this position turn the knee out while still 90 degrees bent and the arm simultaneously out while bent 90 degrees at the elbow. Move back down and again move out.

Repeat this action for 30 seconds without losing the neutral spine position. Progress to 2 minutes.

**Disclaimer: - This Prehab program has been designed for active individuals/sports players. If you are a person who has never worked out. Please contact your physio for a simpler Prehab program to prevent the back pain.**