

Exercises/Releases for Lower Back Pain

- Lumbar Extension:
- Wall side shift (to correct lumbar list):
- Trigger ball – glutes / quadratus lumborum / lumbar extensors:
- Childs pose/side stretch (for QL & extensors):
- Glute Stretches:



Embodiment Physiotherapy and Pilates

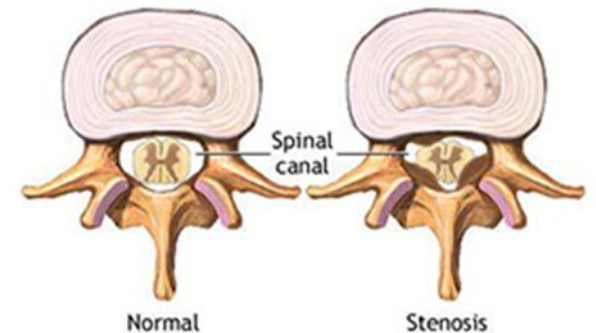
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Lumbar Stenosis

Spinal stenosis is a narrowing of the spinal canal



Normal

Stenosis

CLIENT HANDOUT

Typically a Client will Present with:

'Stenosis' means narrowing – usually of the spinal canal or neural foramina of the spine. The narrowing is related to the gradual aging process and can be caused by many things – osteophytes (bony growths), thickening and calcification of ligaments and facet joints, and disc degeneration. It is more commonly seen in females, usually older than 50 years.

Treatment Usually Involves:

- Education on comfortable position/exercises (leaning on counter, hugging knees to chest, lying with pillow under knees), and what to avoid (prolonged standing or walking).
- Advice on what exercise is beneficial – usually unloaded pool exercises/walking, exercise bike or Clinical Pilates.
- Correction of posture – especially is over-lordotic lower back (over-arched).
- Muscle release via massage or dry needling.
- Pilates/Exercise Rehab – lower abdominal/core strength, mid back and hip mobility.
- If pain/disability is severe, then your Physio can refer for cortisone injections or possible surgical intervention.