

YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to help stretch and strengthen tight muscles as well as improve the stability of the core muscles used to maintain a good posture during sporting and daily activities. It is important to

ensure the exercises are performed with good technique as good postural control is important at all times and will help prevent possible problems in the future.

FIND A PRACTITIONER

- Association of Chartered Physiotherapists in Sports Medicine
<http://spxj.nl/1Mnt9hD>
- General Osteopathic Council
<http://spxj.nl/1MCDbal>
- British Chiropractic Association
<http://spxj.nl/1SvcOZd>
- The Sports Massage Association
<http://spxj.nl/1MMCP0V>
- British Association of Sports Rehabilitators and Trainers
<http://spxj.nl/1MfYpMe>
- Society of Sports Therapists
<http://spxj.nl/1NgPs4W>

CONTACT DETAILS

OTHER INFORMATION

WHO IS SPORTEX CO-kinetic

We specialise in producing information for medical, health and exercise professionals on the subject of exercise, health and musculoskeletal injury. This includes subscription publications for practitioners and advice handouts for the public. All our material is written and reviewed by leading medical professionals. For more information visit www.co-kinetic.com or telephone +44 (0)845 652 1906.

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Exercises for the sporting back



YOUR INJURY

Low back pain affects the elite athlete as much as the inactive 'slouch' potato but there are differences in the nature of the pain, the diagnosis and expectations regarding the rate of recovery. Recovery is often faster when dealing with physically fit people due to the underlying level of fitness. Low back pain often results from an imbalance between the back and the stomach muscles. This may lead to instability or incorrect functioning of the lower part of the spine. Strengthening these muscles and correcting any imbalance is therefore very important. Loss of stability in your spine can lead to microscopic damage to the surrounding soft tissues so it is particularly important to address this problem quickly to minimise damage.

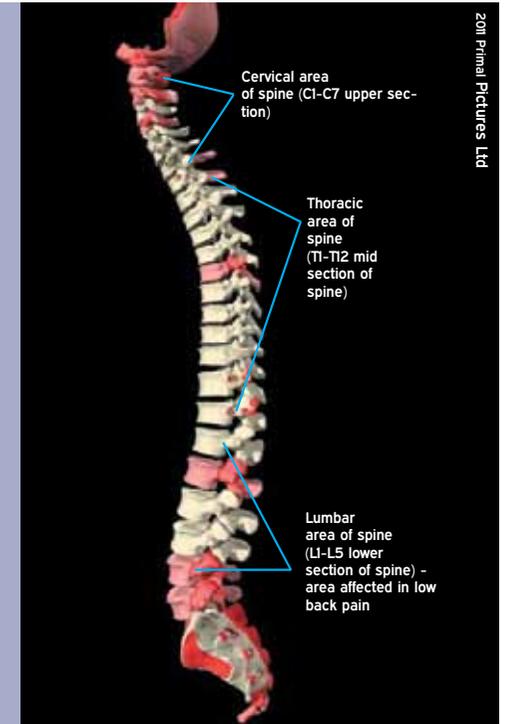


Image showing the three main curves of the spine

Produced by

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Advice handout

The sporting back

YOUR REHABILITATION PROGRAMME

This programme has specific exercises to help stretch and strengthen muscles which may be weak. It is really important to ensure the exercises are performed with good technique and good postural control as this will help prevent possible problems in the future. Take care not to progress too quickly and you should be pain-free at all times. We have given suggested sets and repetitions, but everyone is different so your practitioner may give guidance that is more specific to you.

MAKE SURE TO WARM UP AND COOL DOWN

If muscles are tight, weak or injured, it is particularly important to warm up (unless advised otherwise by your practitioner) with a fast walk or a gentle jog at a pain-free pace for 5 minutes before you start your exercises. This increases your circulation and helps prepare the muscles for the activity to come. When you have finished your exercises, end the session with a 5 minute gentle walk or slow jog to allow your heart rate to slow down gradually.

STRETCHING AND MOBILITY EXERCISES

STRENGTHENING EXERCISES

continued overleaf

LUMBAR STRETCH

Lie on your back on a bed or the floor. Bring one knee slowly into your chest, followed by the other knee (don't move them together) and clasp your arms around the back of your thighs. Hold for 5-10 seconds rocking in a gentle rhythm.



SETS	REPS
1	10

OPPOSITE ARM AND LEG RAISES

Lying on your front with your arms straight out above your head. Raise one arm and shoulder and raise the opposite leg (i.e. on the opposite side). Hold for 5 seconds and return to the start position. Then repeat on the other side with the opposite leg and arm.



SETS	REPS
2	15

'ANGRY CAT' THORACIC STRETCH

In four point kneeling, with your back relatively flat and level with the floor, tuck your chin into your chest and push your mid back upwards towards the ceiling. Hold for 5 seconds before lowering past your starting position as far as you are able (pain free) and hold for 5 seconds.



SETS	REPS
2	10

UPPER BODY RAISES IN PRONE

Lying on your front with your hands linked under your forehead and your elbows out to the side, tighten your buttock muscles and then raise your upper body. Do not overextend the neck, keep it in line with your body. Hold for 5 seconds before returning to the floor.



SETS	REPS
2	15

LUMBAR ROTATION

Lie on your back with your legs out straight and your arms out to the side to stabilise the upper body. Move one leg over the other leg as far as possible (rotating your lower body). Hold for 2 seconds and return to the start position before repeating on the other side.



SETS	REPS
2	15

'SUPERMAN' EXERCISE IN 4-POINT KNEELING

In four point kneeling raise one arm out ahead of you and at the same time extend the leg on the opposite side out behind you. Hold this position for 5 seconds before returning to the starting position and then repeat on the opposite arm and leg.



SETS	REPS
2	15

HAMSTRING STRETCH IN DOORWAY (LYING DOWN)

Lie on your back through an open door and with your hips just in front of the door frame. Slide your leg up the frame until you feel a stretch. Hold for 20-30 seconds.



SETS	REPS
1	10

TRUNK ROTATIONS WITH STABILITY BALL

Lying on your back with a stability ball under your calves so that your hips and knees are at 90°. Extend your arms out to the side and then rotate your legs in one direction as far as you can without pain. Hold for 5 seconds, return to the start and repeat on the other side.



SETS	REPS
2	15