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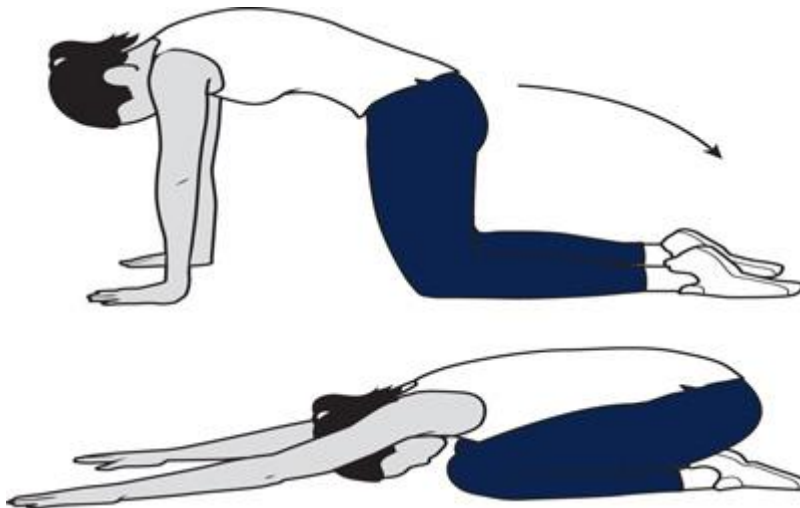
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LOWBACK PHYSIOTHERAPY

KNEELING BACK EXTENSION

- Start starting you in the face and knees with your shoulders situated over your hands.
- Move onto your arms, round your shoulders and permit your low back to drop toward the floor. Hold for 5 seconds.
- Go in reverse and sit on your bum near your heels. Expand your arms and hold for 5 seconds.

Tip: Look down on the floor to keep your neck in alignment with your spine.



SITTING ROTATION STRETCH

- Sit on the floor with the two legs spread straight before you. Traverse the other.
- Gradually bend toward your bowed leg, and backing with your hand behind you.
- Spot your other arm in favor of your bowed thigh and use it contort further.
- Investigate your shoulder and hold the stretch for 30 seconds. Return to focus.
- Repeat on the opposite side. Repeat the whole grouping multiple times.

Tip: Sit up tall and keep your sit bones pressed into the floor throughout the stretch.



MODIFIED SEAT SIDE STRADDLE

- Sit on the floor with one leg reached out to the side and the other leg twisted.
- Keep your back straight and twist from your hips toward the foot of your straight leg. Achieve your hands toward your toes of the all-inclusive leg, and hold for 5 seconds.
- Bit by bit round your spine and convey your hands to your shin or lower leg. Cut your head down near your knee quite far.
- Hold for 30 seconds and afterward unwind for 30 seconds.
- Repeat on the opposite side. Repeat the grouping multiple times.

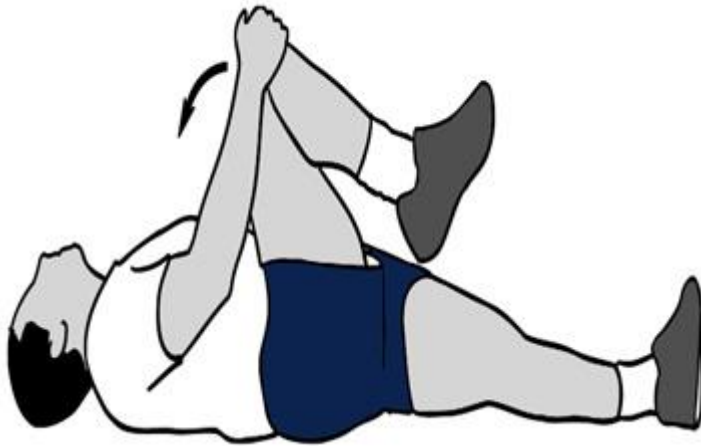
Tip: Keep your extended leg straight as you bring your head down.



KNEE TO CHEST

- Lie with your back on the floor.
- Lift one leg and bring your knee toward your chest. Handle your knee or shin and force your leg in beyond what many would consider possible.
- Fix your abs, squeezing your spine to the floor. Hold for 5 seconds.
- Repeat on the opposite side. At that point pull the two legs in together. Repeat the succession multiple times.

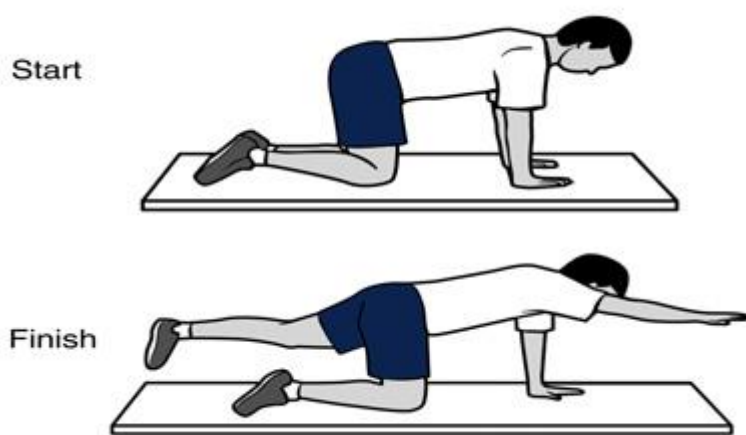
Tip: Keep your spine aligned to the floor throughout the sequence.



BIRD DOG

- Start with your hands and knees, situating your shoulders over your hands and your hips directly over your knees.
- Fix your abs and raise one arm straight out to the shoulder level in arrangement with your body. Hold until you feel adjusted.
- Gradually lift and broaden the contrary leg straight out from your hip.
- Fix the muscles of your posterior and thigh, holding this situation for 15 seconds.
- Come back to the begin position and Repeat with the other arm and leg.

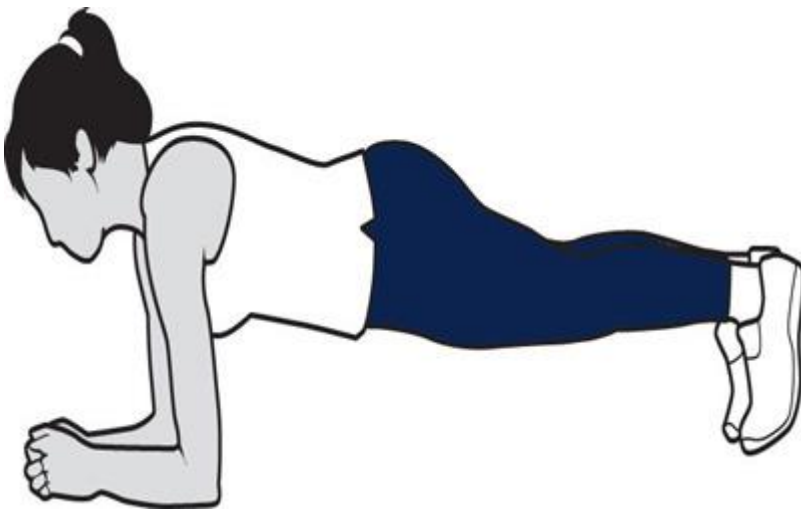
Tip: Keep your stomach muscles tight and your back flat to stay balanced.



PLANK

- Lie on your stomach with your lower arms on the floor and your elbows legitimately beneath your shoulders.
- Fixing your stomach muscles, lift your hips off the floor.
- Press your gluteal muscles and lift your knees off the floor.
- Keep your body straight and hold for 30 seconds. In the event that think that its hard to hold this position, take your knees back to the floor. Hold with simply your hips lifted.
- Come back to the begin position and rest 30 seconds. Repeat.

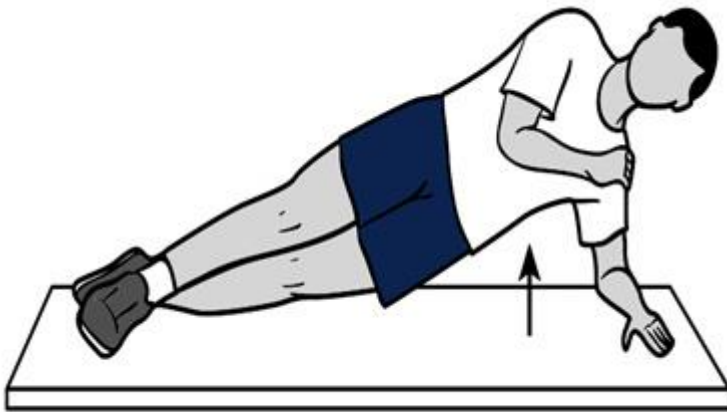
Tip: Do not let your pelvis sag toward the floor. Keep your stomach muscles tight.



MODIFIED SIDE PLANK

- Lie on your side on a firm surface, with your base leg somewhat bowed and top leg straight.
- Bring your elbow legitimately under your shoulder, with your lower arm reached out before you.
- Fix your stomach muscles and raise your hip off the floor.
- In the event that you can, rectify your base leg and lift your knee off the floor.
- Keep your body straight holding it in this situation for 15 seconds.
- Steadily come back to the begin position and Repeat on the opposite side.

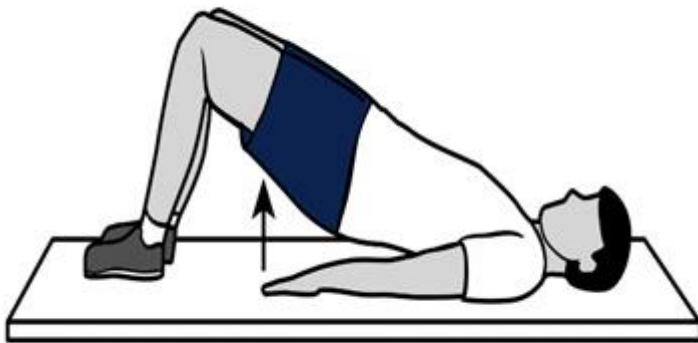
Tip: Keep neck in alignment with your spine and do not shrug your shoulder up to your ear.



HIP BRIDGE

- Lie on your back on the floor with your arms at your sides, your knees twisted, and your feet level on the floor.
- Fix your stomach and gluteal muscles and lift your pelvis ensuring your body is in a straight line from your shoulders to your knees.
- Hold this situation for 15 seconds.
- Slowly come back to the begin position and Repeat.

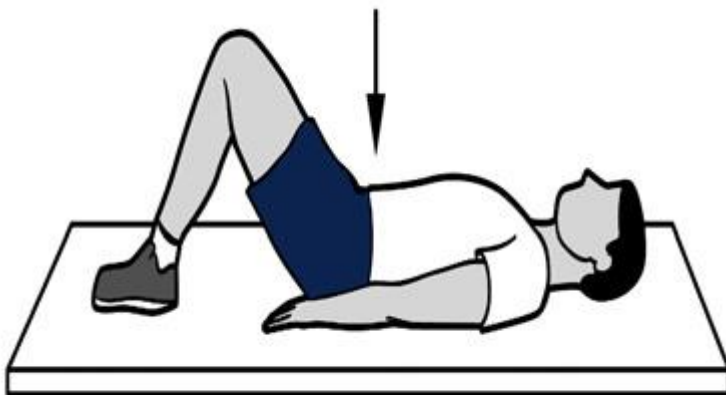
Tip: Center your weight over your shoulder blades. Do not tense up in your neck.



ABDOMINAL BRACING

- Lie on your back on the floor with your knees bowed and arms at your sides.
- Fix your muscular strength with the goal that your stomach is pulled in, far from your belt.
- Hold this situation for 15 seconds.

Tip: Flatten your lower back into the floor.



ABDOMINAL CRUNCH

- Lie on your back on the floor with your knees bent and hands at the back of your head with your elbows open wide.
- Tighten your abdominal muscles and lift your head and shoulder blades off the floor.
- Keep your back flat on the floor and hold for 2 seconds.
- Gradually lower and repeat.

Tip: Relax your neck and do not pull on your head with your hands.

