

Lumbar Spine Instability 1) Cat/Camel

Contrary to many patients belief this is not a stretch, the fully flexed position (Fig 1) and the fully extended position (Fig 2) are not pushed but represent end points of a continuous flowing movement. Movement should be as slow as possible with awareness of co-contraction of the stomach and low back muscles. Any jerky movements represent poor control and you should concentrate on these areas. Pelvic and neck motion should start and finish together.

10 cycles should be performed.



Figure 1 – fully flexed position



Figure 2 – fully extended position

Lumbar Spine Instability 2) – Remedial ‘Spinal Brace’ (Fig 3)

The spine should be held in the neutral position with the knees directly under the hips and the hands directly under the shoulders. Activation of the low back stabilizers is achieved by tensing the stomach, clenching the buttocks and contracting the pelvic floor muscles. Activation of the upper back/neck stabilizers is achieved by pushing upwards between the shoulders and tucking the chin in to hold the neck in line with the upper back. Care should be taken to avoid shoulder shrugging/elevation.

This should be held for 10 seconds and commit this position to memory.



Figure 3 – the remedial spinal brace