

Lumbar Spine Instability 3) - Arm Raise (Fig 4)



Fig 4 The Arm Raise

Fully flex the shoulder, raise the arm up in line with the head. Ensure there is no trunk movement. Hold for 10 seconds.

Full Leg Raise (Fig 5)



Fig5 The Leg Raise

Lift the leg as high as possible **without** losing the spinal brace position. Make sure the low back does not move, or the hips move sideways/twist. The knee should be fully straightened. Hold for 10 seconds.