

Bone Health Exercises –ABC Radio Interview with Michelle Kenway Physiotherapist

These strength exercises can be viewed online at Pelvicexercises.com.au

Exercise 1: Bridging

Bridging is a strength exercise for buttocks and hips.

Starting Position

- Lie down on your back with your knees bent and feet flat. Use 1-2 pillows to support your head and neck as required. Slide your heels close to your buttocks.

Action

- Push down through your heels to lift your hips off the supporting surface. Try to keep the normal inward curve in your low back throughout. Next lower your body back down to the ground.
- Repeat up to 8-10 times in a row, rest and repeat again.

Progression

- Arms across chest as you lift and lower your body.
- Hands clasped and arms raised towards the ceiling as you lift and lower.
- Dumb bell weights placed across your pelvis.

Note: This exercise should be pain-free. Lift and lower your body in a pain-free range, if you find your low back is sore lifting too high, modify the exercise by lifting your buttocks just off the ground.

Exercise 2: Superman

Superman is an exercise for spinal strength.

Starting Position

- Lie face down, chin tucked and support your body using 1-2 pillows under your hips if you are prone to low back pain or alternatively commence in kneeling with hands positioned below shoulders and knees under hips.

Action

- Raise your right leg and left arm towards the ceiling approximately 10-15cm off the ground, then lower your arm and leg back down to your starting position. Repeat this same action with your left leg and right arm lifting and lowering slowly.
- Repeat up to 8-10 times in a row alternating your opposite arm and leg, rest and repeat again.

Variations

- When starting out if you feel unsteady commence raising one arm or leg at a time.
- Progress this exercise by keeping your arm and leg raised for up to 10 seconds at a time before lowering down.

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