
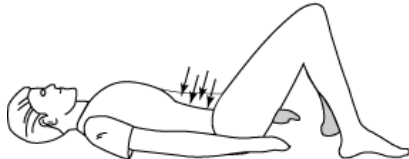
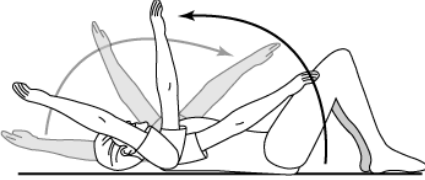



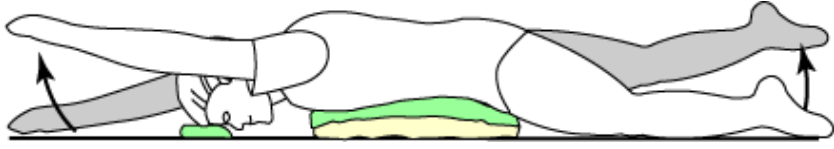


Dr Pradeep K Singh
 MBBS, MS, PhD, FMISS
 ROOM NO # 2 GROUND FLOOR
 THE SPINE CLIC, Dr L H HIRANANDANI HOSPITAL
 POWAI, MUMBAI

BACK EXERCISES

<p>#1</p> 	<p>#2</p> 
<p>Simply get in the above position and Gently pull your knee to your chest and repeat the other side.</p>	<p>Simply contract your belly-button downward and lifting your butts/ trunk up.</p>
<p>#3</p> 	<p>#4</p> 
<p>Assume same position in ex 2. Put one arm straight over-head and the other arm down by your side.</p>	<p>Do cycling alternatively and as demonstrated.</p>
<p>#5</p>  <p>Do not use pillow below tummy</p> <p>Slowly raise your left arm (keeping it straight) upward and slowly lower and repeat with the other arm. Only raise your arm to a comfortable height. You don't have to go very high for this to be effective.</p>	
<p>#6</p>  <p>Do not use pillow below tummy</p> <p>Slowly raise your left leg (keeping it straight) upward and slowly lower and repeat with the other lower limb. Only raise your leg to a comfortable height.</p>	
<p>#7</p>  <p>Do not use pillow below tummy</p> <p>Simultaneously lift the white arm (left) and grey leg (right) slowly upward. Don't force it! Just go as high as you can. Hold this top position for 5 to 7 seconds and then lower. Repeat all exercises for 2 sessions per day & 10- 15 repetitions per session & holding each position for 5-7 seconds.</p> <p>Any exercise(s) which is aggravating your pain, don't do that exercises for few days and re- evaluate yourself after 2-3 days, if no pain can start.</p>	

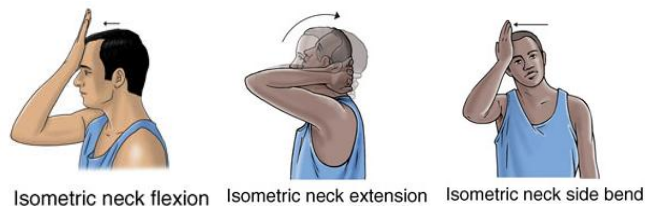
Neck Exercises

Divided into three parts as follow:

1. Warm up Exercises.
2. Stretching Exercises.
3. Strengthening/ Isometric Neck Exercises and Scapular Exercises.

Warm ups:

- Bending your neck forward and backward.
- Bending your neck sideways.
- Turning your neck towards right and then left.



Stretching Exercises:

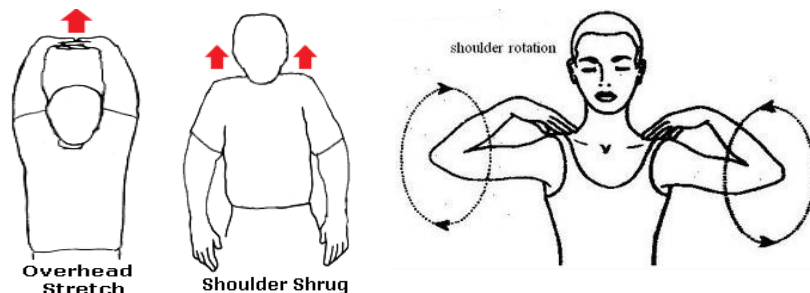
- Bend your neck forward and put a mild to moderate force downward from vertex using your hands.
- Stretching side ways using your opposite hand.

Isometric Neck:

- Same positions as warm up exercises, holding in a neutral position for 5 seconds. Put equal and opposite pressure with hand(s).

Shoulder Exercises:

- Shoulder Stretch.
- Shoulder Shrugging.
- Shoulder rotations.



Proper Posture

- Good executive chair with back support of 100- 110 degree.
- Accommodate your buttock to the angle of the chair so that your lower as well as upper back is supported.
- On computer eye level and monitor should be in straight line.
- While working on computer or reading or writing job – keep your arms close to your body.
- Don't slouch or lean while reading and writing.
- Change your posture before 45 minutes of prolong sitting.
- Don't sit without support for more than 15- 20 minutes.

Sitting: