

Swimmer's Back Pain Rehabilitation

This exercise programme has specific exercises to improve your core muscle strength as well as the muscles around your pelvis and buttocks that work together with your back muscles. These exercises will help improve the stability and alignment around your lower back, as well as your posture, which will help reduce the strain on your back. For greatest benefit, focus on performing the exercises with good technique, positioning and alignment. Do them slowly

and correctly. Poor practice can lead to strain and injury.

These exercises may be adjusted to your specific needs. As you improve other exercises may be added for progression. Your physical therapist will guide you through this. If at any time you feel pain or discomfort consult your physical therapist so they can adjust the rehabilitation programme, rather than simply stopping it all together.

Floor Superman Opposite

Lie on your front, and lift your opposite arm and leg, keeping them straight. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar hyperlordosis) while strengthening the lower back and buttock muscles. Perform both sides.



SETS 3

REPS 10

**Video:**
http://youtu.be/NiUO_rtbSiA

Bruegger's Posture Standing Wall Band

Stand up against a wall. Ensure your heels, buttocks, shoulders and head are touching the wall. Turn your hands out, so your palms are facing forwards with your hands resting against the wall. Bring your shoulder blades down and towards the midline. Tuck your chin backwards slightly (give yourself a double chin). Breathe deeply throughout the exercise. If your upper back is very rounded and you are unable to get your head to the wall, do not arch your neck, just keep your head where it feels comfortable. Repeat the movement. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture. Hold for 1 minute increase hold time with progress.

**Video:**
<http://youtu.be/Fwgv-dy8yAM>

Plank

Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise. Hold for 30 seconds increasing time with progress.



SETS 1

REPS 3

**Video:**
<http://youtu.be/noeBz0JoW-4>

Supine Bridge Hard

Lie flat on your back with your arms by your side, and with your knees bent. Squeeze your bottom muscles and lift your back upwards and straighten one leg. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles. Hold for 10 seconds. Perform both sides.



SETS 3

REPS 10

**Video:**
<http://youtu.be/x-b9yvFzLqk>

Side Plank

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis from the floor). This exercise works the abdominal and oblique muscles but is also useful to build spinal stability. Hold for 30 seconds increasing time with progress. Perform both sides.



SETS 1

REPS 3

**Video:**
<http://youtu.be/vQKLvMTYA9Q>

Single Leg RDL

The Romanian dead lift. Standing with your feet shoulder width apart, extend one leg behind you as you bend forwards. Soften your knee slightly, and make sure you keep your back straight (or just slightly arched) throughout the movement. When you reach horizontal, come back up to the start position (on one leg). This can be progressed by holding weights in your hands. Hold for 10 seconds. Perform both sides.



SETS 3

REPS 10

**Video:**
<http://youtu.be/txTWXRvdeCA>

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