

Lumbar Exercises			
Flexion Principle	Extension principal	Lateral Principle	
Flexion in lying	Prone/relaxed lying	EIL with hips off centre	SGIS (against wall)
Flexion in sitting	Prone extension	EIL with hips off centre + over pressure	SGIS (within doorframe)
Flexion in standing	Extension in lying (EIL)	EIL with hips off centre + lateral OP	SGIS with OP
	EIL with belt fixation	Rotation in flexion	
Slouch overcorrect in sitting	EIL with towel fixation		
	Slouch overcorrect in sitting		
Flexion in step standing	Extension in standing		
Posture			
Sitting			
Standing			
Supine lying			
Side lying			

The exercises are categorised into each management principle and take into account force progressions (within patient self-management) and relevant force alternatives.

Remember: **KEEP IT SIMPLE**
KEEP IT SAGITTAL

Tip: Go unloaded & get to end range!