

Lumbar Disc Bulge Exercises

The following exercises are commonly prescribed to patients with a lumbar disc bulge and should be performed only with the advice of your Chiropractor or Myotherapist.

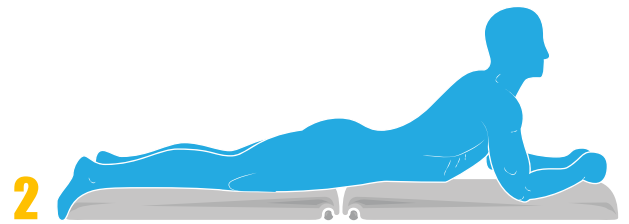
1. Prone Lying

- Lie on your front on a flat surface with head resting on your hands.
- Stay in this position for 10 - 20 minutes.
- If this is uncomfortable place pillow under your hips.
- Repeat 3 – 5 times daily.



2. Elbow Prop

- Lie on your front on a flat surface with head resting on your hands.
- Slowly move onto your elbows.
- Hold for 2 - 5 seconds and then return to lying flat.
- Repeat 10 times, 5 times daily.



3. Lumbar Extension in Lying

- Lie on your front with hands in a push-up position.
- Slowly straighten arms.
- Keep lower back relaxed and allow your back to arch.
- Repeat 10 times, 5 times daily.

