

Spinal Mobilisations

for daily relief of discomfort

A note on how to use these mobilizations

Movement is essential to spinal and disc injuries. These gentle mobilizations provide relief of discomfort you are experiencing at this moment even if your discomfort is very high.

Only use very small movements for these mobilizations.

Do not move into areas of pain, discomfort or pinching.

Stop if the mobilization does not feel good to you or your discomfort begins to increase.

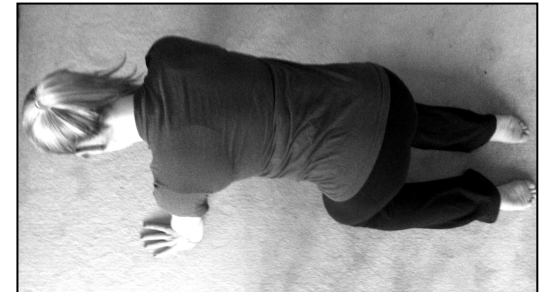
Do the mobilization for an average of 20-30 times or for as long as it takes for you to feel a change. A change may be relief, decrease of discomfort, decrease of stiffness or aching or it may just “feel better” – whatever that means to you.

Mobilizations are best done first thing in the morning to ease up stiffness and are also good to do last thing at night.

Lateral Mobilizations

Begin on your hands and knees in the horsestance position as shown above. Gently shift your hips to one side then the other. The movement should be very small 20-30% of maximal movement. Breathe normally throughout.

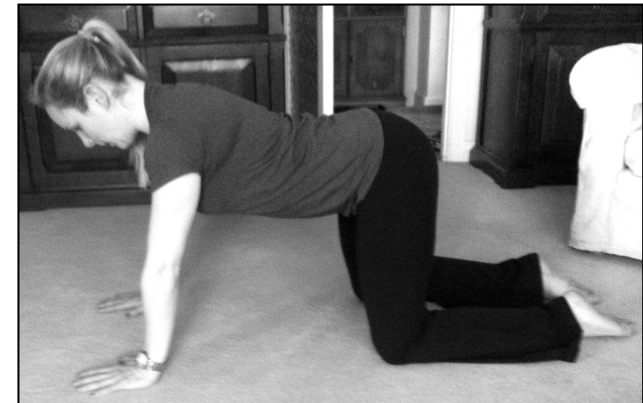
Do an average of 20-30 reps alternating left and right at an average pace – not too slow, not too fast.



Arch and Curl Mobilizations

Start on your hands and knees in a horsestance position as shown above. Gently arch the back and then curl the back. These movements are very small – only 15-20% of your maximal movement. One movement may feel better than the other. Focus on the movement that feel better to you if this is the case and return to a neutral spine – eg. Arch, neutral, arch, neutral.

Do an average of 20-30 reps alternating between the two movements at an average pace – not too slow not too fast.



Hip Circle Mobilizations 1

Start on your hands and knees in a horsestance position.

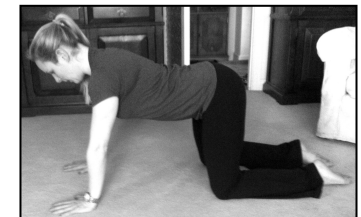


Draw a circle with your pelvis by first moving the hips to the side, then curling the back, moving the hips to the other side and then arching the back.



These movements are very small – only 15-20% of your maximal movement.

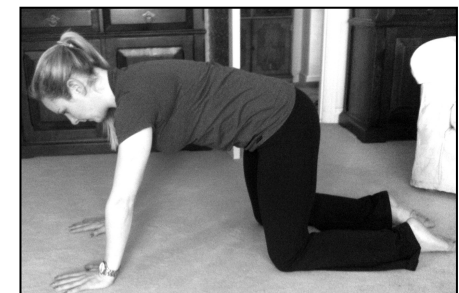
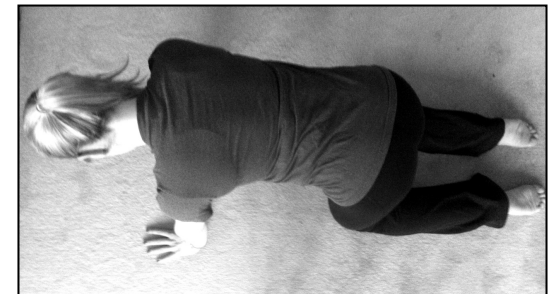
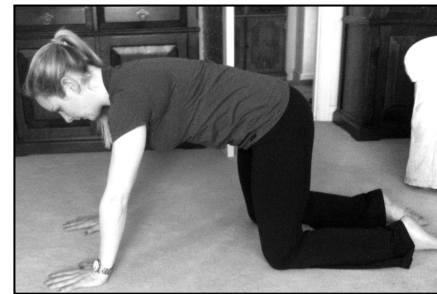
Do an average of 10-15 reps each way at an average pace – not too slow not too fast.



Twist and curl mobilizations

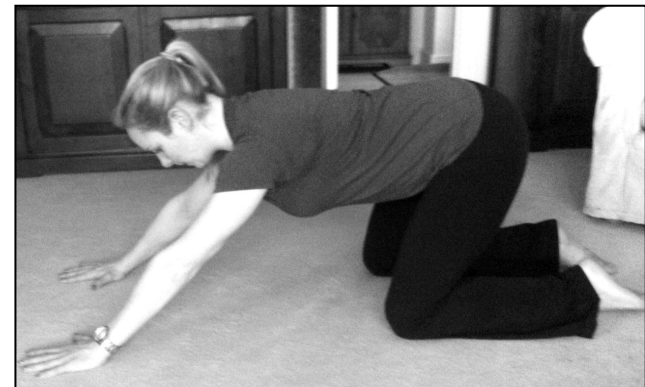
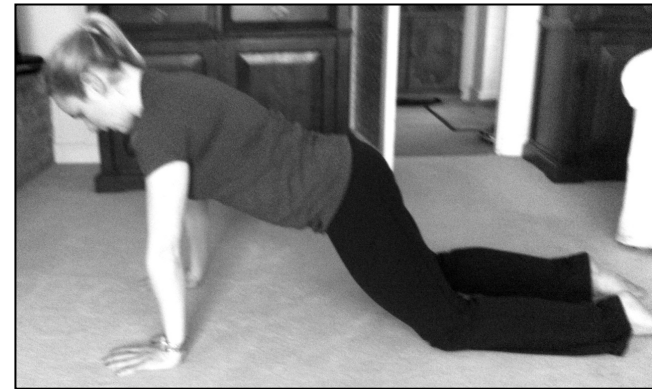
Start on your hands and knees in a horsestance position. Curl your back gently and then add a small twist. Return to a neutral spine. Then curl the back gently and twist to the other side. Reemember, keep moving through the positions rather than holding for a stretch and keep the movements small.

Do an average of 10-15 reps each ways at an average pace – not too slow not too fast.



Sagittal Shift

Start on your hands and knees in a horsestance position. Without moving your hands on the ground, move your hips forwards and backwards as shown in the pictures above. This movement may be quite small or you may feel comfortable going further. You must do as you feel is best for your body at that particular moment. One movement may feel better than the other. Focus on the movement that feels better to you if this is the case and return to a neutral spine – eg forwards, neutral, forwards, neutral.



Hip Circle Mobilizations 2



Start on your hands and knees in a horsestance position. Take the hips to the right then backwards, to the left and then forwards in a horizontal circle. This movement may be quite small or you may feel comfortable going further. You must do as you feel is best for your body at that particular moment. Do an average of 10-15 reps each ways at an average pace – not too slow not too fast.

Swiss ball low back mobilizations

Begin on your back with your knees over the Swiss Ball. If you do not have a Swiss Ball you can also do this with your feet on the ground, knees bent. Gently rock the Swiss ball from side to side as shown in the photos above. These movements are very small about 20-30% of maximal movement range.

Do an average of 20-30 reps alternating between the two movements at an average pace – not too slow not too fast.

