

Exercises in the neutral position of the back

The neutral position of the back means the middle position of the back. See [Balanced positions/yths.fi](#).

Controlling the neutral position of the lower back in daily life prevents back pain. The neutral position stresses the back the least, so it is useful to exercise back control in the middle position.

Concentrate on the exercises and keep your thoughts on the muscles being trained.



Turning your pelvis backwards

Contract the pelvic floor muscles (see also Exercises to relieve sudden back pain):
draw the lower abdomen and navel up towards the spine

= BACK SUPPORT.

Place both hands under the curve of the lower back. Turn your pelvis backwards so that the lower back presses against both the surface and your hands. Feel tension deep in the lower abdomen and pelvic floor muscles. Maintain tension for 10 seconds. Slowly return a small curve to the point of the lumbar spine where your fingers are, support the back = **neutral position of the back.**

Hold for 10 seconds and relax. Repeat 10 times 10 seconds.



Correct lifting technique / bending forward

Support your back in the neutral position while standing: a small curve in the lower back, the shoulder girdle and the pelvic girdle on top of each other. If necessary, turn your pelvis backward or forward so that only a finger-width gap (a small curve) remains between the stick and the lower back.

Keep the stick against the back of the head and the lower back. Maintain the position of the back when bending your back forward by flexing your knees and hips. The movement axis is in the hips. Repeat several times, slowly at the beginning and then faster. After movement control has improved, you can do this exercise without the stick.

Try to use your back as described above every time you bend forward or lift something.



Activation of the muscles of the trunk

Support your back with your muscles while your back is in the neutral position. Bring your palm to the opposite knee. Press your hand and knee against each other. Maintain the neutral position. **Feel** a strong tension in the abdominal muscles. Hold for 10 seconds 10 times taking turns.



Stabilising exercise for the back

Support your back with your muscles while your back is in the neutral position. **Feel** a strong tension in the abdominal muscles. Maintain the position of the back and lift your legs in the air, knees and hips at a 90 degree angle.



Touch the floor slowly with the heel/toe of one foot. Maintain the position of the back unchanged = do not let the curve increase. Return the leg slowly. Do the same with the other foot. Continue with alternate feet and maintain the position of your lower back. Place your fingers between your back and the surface to control your lower back. Repeat 10 times.



Activation exercise for the buttock muscles

Support your back. This reduces the pressure of the abdomen against the surface.

1. Flex your knee. Place your hand on one buttock. Tighten the buttock and feel the tension with your fingers. Keep the other buttock relaxed. Do the same with the other buttock. When you are able to tighten your buttocks separately, you can move to the next phase.
2. Flex your knee. Tighten the buttock on the flexed side and lift your thigh a couple of centimetres from the surface. **Do not let the curve of the lower back increase or the pelvis tilt to the side during the lift.** Keep the pelvis symmetrically in the midline of the trunk. Hold for 10 seconds 10 times taking turns.



Shoulder blade muscle and upper back exercise

Support your back so that the pressure of the abdomen against the surface is reduced. Keep your shoulders down and your neck long. Draw the shoulder blade diagonally down towards your spine. Lift your arm a couple of centimetres from the surface. Keep your back symmetrically in the midline. Do not let the curve of your lower back increase.

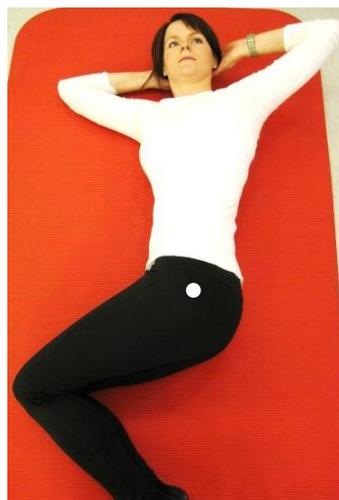
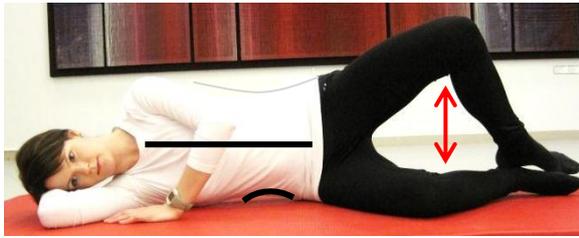
Hold for 10 seconds 10 times.



Back stabilising and hip external rotator exercise

Support your back by keeping the back and the pelvis in the midline, hips at a 45 degree angle and the palm of the topmost hand on the floor. Lift the lower side up. Keep your heels together and lift the topmost knee so that the position of the back and the pelvis remains unchanged. You should feel the movement deep in the topmost buttock.

Hold for 10 seconds 10 times.



Back mobility and pelvis control exercise

Support your back and pelvis in the midline. Lift the lower side up. Hold your knees tightly together and slowly rotate your chest open. Return to the starting position.

Maintain the position of the pelvis and lower back during the movement and keep your knees on the surface. Do not let the curve of your lower back increase. You should feel the movement in the lower part of the thoracic (chest) spine.

Repeat 10 times.

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