

## A guide for patients with Lumbar Spondylosis

### About the condition

The spine is made up of many bones called vertebrae. The vertebrae are separated by shock absorbing discs, which allow the spine to bend and rotate. The vertebrae and discs are held together by ligaments and muscles which provide support and strength.

Lumbar Spondylosis is wear and tear in the discs and facet joints of the back. The discs become thinner and bone spurs, known as osteophytes, can form at the edges of the joints.

### Symptoms

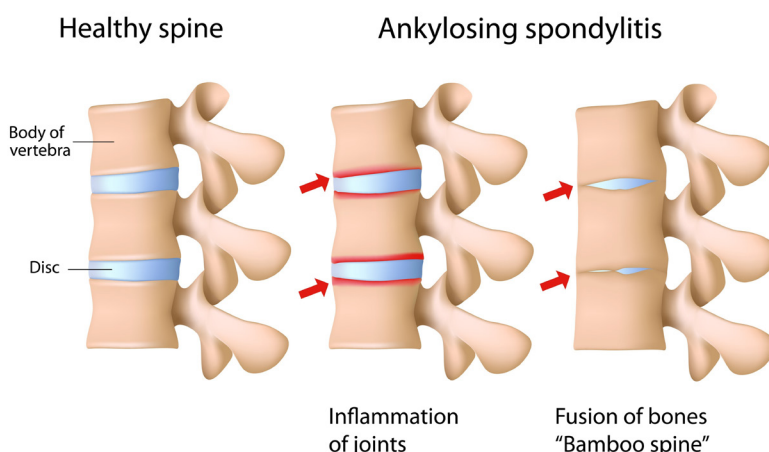
- Stiffness.
- Pain.
- Restriction in movement, for example difficulty arching back.
- Creaking and clicking in the back.
- Pain referred to buttocks and/or leg.

### What you can do to help

- Always maintain good posture. Look at your work posture
- Avoid staying in one position for too long. Keep moving.
- Take care when lifting or carrying as it can put a strain on our back. Always bend at the knees.
- Regularly carry out the exercises over the page as indicated by your physiotherapist.

### Contact us

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**Phone:** 0300 123 1807, 8am to 5pm, Monday to Friday

Please say if you would like the team to call you back

**Text:** 07899 903499 **Email:** [kcht.cct@nhs.net](mailto:kcht.cct@nhs.net)

**Address:** Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ **Web:** [www.kentcht.nhs.uk](http://www.kentcht.nhs.uk)

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

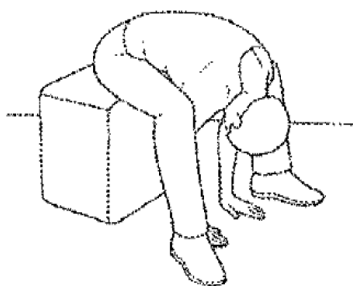
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## Exercises



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Sit on a chair with your legs apart.

Bend your head and trunk down between your knees rounding your upper body as much as possible. Hold approx. 20 secs.

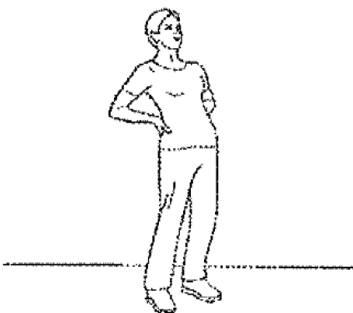


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Lying with your knees bent and feet on the floor. Lift your knees towards your chest.

Place your hands behind both knees and draw them towards your chest. Hold \_\_\_\_\_ secs.

Repeat \_\_\_\_\_ times.



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Stand straight with feet apart.

Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

Repeat \_\_\_\_\_ times.

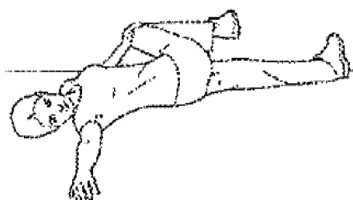


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Lying on your back with knees together and bent.

Slowly roll your knees from side to side keeping your upper trunk still.

Repeat \_\_\_\_\_ times.



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Lying on your back with one leg bent.

Bring your bent knee over the other leg and push your knee against the floor with the opposite hand. Then reach with the other arm to the opposite side looking in the same direction. You will feel the stretching in your lower back and bottom. Hold approx. 20 secs. - relax.

Repeat \_\_\_\_\_ times.



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**START POSITION:** Lie on back with legs bent and feet together.

Pull your belly button towards your spine without moving your back. Hold this position for 10s while breathing at a normal rate.

Hold for \_\_\_\_\_ secs.

Repeat \_\_\_\_\_ times.