

Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

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Training start date 23/01/2025

WARNING

Cauda Equina Syndrome is a rare and very serious condition where the nerves at the very bottom of the spinal cord become compressed. If left untreated it can cause permanent damage.

This doesn't happen often in patients with low back pain (0.12%), however if you notice any of the following symptoms then you may be suffering from Cauda Equina Syndrome:

- Loss of feeling/ Pins and needles between your inner thighs or genitals
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- Increasing difficulty when you try to urinate
- Increasing difficulty when you try to stop or control your flow of urine
- Loss of sensation when you pass urine
- Leaking urine or recent need to use pads
- Not knowing when your bladder is either full or empty
- Inability to stop a bowel movement or leaking
- Loss of sensation when you pass a bowel motion
- Change in ability to achieve an erection or ejaculate
- Loss of sensation in genitals during sexual intercourse

If you have any of the above symptoms you should attend the Accident and Emergency (A&E) department of your nearest hospital immediately to prevent any long term damage or disability.

The above information is available in multiple languages in the following link:

<http://www.eoemskservice.nhs.uk/advice-and-leaflets/lower-back/cauda-equina>



Lying on your back with knees bent.

Gently tilt your pelvis backwards pressing your low back into the bed with your tailbone rolling up. Return to starting position.

Repeat 5 times.

Hold 5-10 seconds.

Lying on your back with knees together and bent.



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

Repeat 5 times each side.

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Lying with your knees bent and your feet on the floor.



Lift one knee towards your chest. Place your hands behind the knee and draw it into your chest. Hold 5 - 10 secs.

Repeat 5 times.

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Lying on your back with knees bent.



Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.

Repeat 5 times.

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Lying face down, leaning on your elbows/forearms.



Arch the small of your back by pressing your pelvis and stomach to the floor. Now bend your upper back upwards, keeping forearms on the floor. If you have leg pain and it is increased with this exercise do not raise so high and if the pain persists stop exercise.

Hold approx. 5 - 10 secs.

Repeat x 10 repetitions.

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On hands and knees.



Hollow your back. Keep your neck long and elbows straight.

Hold 5 seconds.

Repeat 5 times.

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On hand and knees.

Pull your stomach in and arch your spine. Hold 5 secs.

Repeat 5 times.

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Crawling position.

Let your arms slide along the floor as far as possible. Push your bottom back and down and the chest towards the floor. Breathe out while doing the exercise.

Repeat 5 times.

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Pelvic Tilting

First let your back drop as you roll your pelvis backwards, then use your back muscles to straighten your back and arch it (not too much).

Repeat 5 times.

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