

DORSAL SPINE EXERCISES

EXERCISES FOR BACK PAIN

TRUNK EXTENSION EXERCISE



Place your hands on your upper buttocks. Bend your torso back. Hold for 20 seconds.

Perform:

- 20 repetitions.
- 3 sets.

Goals:

- Strengthening of the erector spinae muscles.
- Pain relief.
- Improves spinal stability.
- Improves postural control.

ELASTIC BAND ROWING EXERCISE



Stand facing a door. Tie the resistance band to the doorknob and hold the ends in your hands. Keep your back straight. Look forward. Stretch the band, pushing your shoulders and elbows back. Hold for 5 seconds.

Perform:

- 10 repetitions.
- 3 sets.

Goals:

- Improve posture of the thoracic spine.
- Improve shoulder and scapula stability.

LATERAL TRUNK BENDING EXERCISE



Standing. Bend to one side with the lateral side of the thigh, trying to reach the knee. Hold the position for 20 seconds. Return to the starting position and lean to the other side.

Perform:

- 3 repetitions.
- 1 set.

Goals:

- Strengthening of the abdominal oblique and quadratus lumborum muscles.
- Improve spinal posture.
- Improve lateral trunk stability.

BRIDGE EXERCISE WITH LEG LIFT



Lying on your back, arms flat on the floor, parallel to your body. Knees bent, feet supported. Inhale and exhale as you raise your pelvis and align your thighs with your body. Lift one foot with your knee straight. Hold for 5 seconds. Return to the starting position and repeat with the other leg, leaning to the other side.

Performance:

- 10 repetitions.
- 1 set.

Goals:

- Strengthening of the core, gluteus maximus and medius, and hamstrings.
- Improved spinal posture.
- Improved pelvic stability.

QUADRUPED ARM-LEG RAISING EXERCISE



Quadruped position. Back straight and neck aligned. Inhale and exhale as you raise one arm on one side and the leg on the opposite side. Hold for 5 seconds. Return to the starting position and repeat on the other side.

Perform:

- 10 repetitions.
- 1 set.

Goals:

- Strengthening of the core, gluteus maximus and medius, hamstrings, and erector spinae muscles.
- Improves coordination and balance.
- Promotes cross-training activation.

TRUNK-ARM LIFTING EXERCISE



Lying face down. Soft roll on your lower abdomen. Shoulders and elbows at 90°. Inhale and exhale as your chest and arms lift off the floor. As you lift, bring your shoulder blades together, keeping your core and neck aligned. Hold for 5 seconds.

Perform:

- 10 reps.
- 1 set.

Goals:

- Strengthening of the entire posterior chain: posterior core, gluteus maximus and medius, hamstrings, and spinal erector muscles.
- Strengthens the scapular muscles: middle and lower trapezius, and posterior deltoids.

CAT-CAMEL STRETCHING EXERCISE



Quadruped position. Trunk and neck aligned. Extend your neck and arch your spine downward. Hold for 10 seconds. Then, flex your neck forward, bringing your head down and arching your back upward. Hold for 10 seconds.

Perform:

- 3 repetitions.
- 1 set.

Goals:

- Improves spinal flexibility and mobility.
- Relieves tension and pain in the cervical, thoracic, and lumbar spine.
- Stretches erector muscles.

TRUNK ROTATION STRETCHING EXERCISE



Standing. Upright posture, gaze forward. Arms crossed at shoulder height. Rotate your torso to one side, keeping your hips fixed. Hold for 30 seconds. Rotate the same way to the other side and hold for 30 seconds.

Perform:

- 3 repetitions.
- 1 set.

Goals:

- Improve rotational mobility of the spine by activating and stretching the rotational muscles.
- Strengthen the abdominal oblique muscles.

[Make an appointment with Dr. Jordi Jiménez.](#) He will see you in the center of Palma de Mallorca and help you regain your quality of life.