



PHYSIO FOR YOU

Provider: Jacqueline Eaton (B.Physio)

Provider Number: 4107113Y ABN: 365 900 435 15

Phone: 4392 1547 Fax: 4380 8410

168 Wallarah Road, Gorokan 2263

Email: Jacqui_physio@live.com.au

BACK BLOCK EXERCISE

Perform 3-4 times a day as required for pain relief (at least 2 times a day)

- Lie with yellow pages across top of sacrum and under buttocks
- Need to lie on the floor with none or 1 pillow only
- Slowly straighten and relax 1 leg at a time remain in this position for 1 minute or until uncomfortable.
- Remove phone book, bring right leg to chest, then left leg to chest, then both legs to chest and perform 10 bounces.
- Hook feet under couch and perform 15 half sit ups.

Slowly stand up.