



A patient's guide to

Spinal exercises for myeloma patients out of a spinal brace



Safely exercise once out of a spinal brace

You were given a spinal brace by the spinal consultant team as part of your treatment for your spinal fractures. Now that you no longer have to wear the brace you can benefit from strengthening up your core muscles to ensure they provide your spine with good support.

It is important that you try to keep yourself as active as you feel is comfortable. This leaflet will provide you with some basic exercises you can do yourself at home. Try to exercise for about 10 to 15 minutes once or twice a day. In addition to this, try to go for a walk between 10 to 30 minutes depending on how you feel generally with your myeloma and the treatment that you are on.

The exercises should not cause you any pain. If they do, you will need to discontinue them and seek advice from a professional physiotherapist.

Warning: These exercises should only be carried out if they do not cause any pain. If you feel pain during or after exercising please discontinue and seek advice from a qualified physiotherapist.

For advice from the myeloma service physiotherapist, contact:
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1. Deep stomach contractions

Lie on your back with your knees bent. Pull your belly button down towards your spine. This should be a gentle contraction and you need to breathe normally during the exercise.

Hold for 10 seconds.

Repeat five to 10 times.

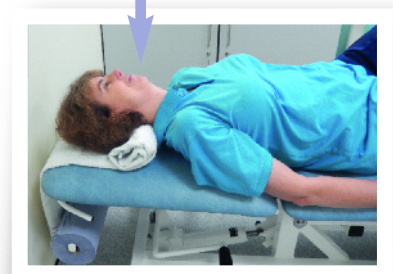


2. Deep neck flexion exercises

Lie with your neck supported on a rolled up towel. Gently lengthen the back of your neck by tucking your chin in and feel the back of the neck gently push into the towel.

Hold this for five to 10 seconds.

Repeat up to 10 times.



3. Upper back extension

Try to place yourself on all fours on your bed. The knees should be under the hips and the hands under the shoulders. Keep your back as straight as you can. In this position, pull in your stomach gently as in exercise one and hold throughout the exercise. Lift one arm up next to the ear as shown in the picture and hold for five seconds.

Repeat five times with each arm.



4. The "Clam exercise"

Lying on the side, gently pull in your stomach as in exercise one and hold it throughout the exercise. Bend your knees slightly and keep your feet together. Keep your back straight and do not move it at all while lifting the top knee up as far as is comfortable.

Repeat two to three sets of five repetitions with each leg. Do not strain in your back.



If you have any comments about this leaflet or would like it translated into another language/large print, please contact the Clinical Governance Department on 020 8909 5439/5717.

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