



A patient's guide to

Spinal exercises for myeloma patients while in a spinal brace



You have been given a spinal brace by the spinal consultant team as part of your treatment for your spinal fractures. It is important to wear the brace at all times when you are sitting, standing and walking. However, you can take the brace off when you go to bed and you can wash/shower without the brace before putting it on. The easiest way to put on the brace is in sitting or standing position. About eight weeks is a good guide for wearing a brace, but your spinal team will inform you clearly as to how long you will need to wear it.

While you are in the brace it is important that you try to keep yourself as active as you feel is comfortable and you try to strengthen up your legs and core muscles as much as the brace will allow. This is to prevent all your muscles from becoming very weak and makes it easier for you to start getting stronger after you are out of the brace. It is also to stimulate your bones to heal and get stronger. We know that particularly weight bearing exercises strengthen bone growth.

On the next page are some basic exercises that 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.

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

**For advice from the myeloma service physiotherapist, contact:
Susanne.selvadurai@rnoh.nhs.uk**

1. Squats:

Stand with your legs hip width apart. Gently pull in your stomach and squat down. Don't bend too far in your knees.

Repeat two to three sets of five to 10 repetitions.



2. Balance:

Stand next to a wall or a dining table and hold on. Gently pull in your stomach and buttock muscles and stand up tall. Stand on one leg and count to 10.

Repeat this five times on each leg.



3. Back extension:

Stand up against a wall with slightly bent knees. Gently pull in your stomach, try to lift up your arms above your head and straighten your back as much as you can and however much the brace will allow.

Repeat two to three sets of five to 10 repetitions.



4. Deep stomach contractions:

This exercise is done lying on your back and can be done with or without the brace. 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.**



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.

Royal National Orthopaedic Hospital NHS Trust
Brockley Hill
Stanmore
Middlesex
HA7 4LP

www.rnoh.nhs.uk

Twitter: @RNOHnhs

14-229 © RNOH

Publication date: November 2014

Date of next review: November 2016

Author: Susanne Selvadurai