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Lower Back and Neck Exercises

For Better Posture and Pain Relief

Dr. Abhishek Mannem



BANGALORE BACK

The Future of Spine Care

Meet

Dr. Abhishek Mannem

With extensive experience in spine care and specialized training in degenerative and minimally invasive spinal surgeries, Dr. Mannem is dedicated to helping patients achieve lasting relief from back and neck pain.



MBBS, MS (ORTHO), DNB (ORTHO), FISS (SPINE SURGERY)
Fellowship in Spine Surgery (ISIC, New Delhi)
Fellowship in Pediatric Spinal Deformity (QMH & DKCH, Hong Kong)
Fellowship in Complex Spine Surgery (PBNA, Bordeaux, France)

Areas of Expertise:

- Degenerative Spine Surgery
- Adult and Pediatric Deformity Surgery
- Anterior and Lateral Spinal Surgery
- Revision Spinal Surgery
- Motion-preserving Spinal Surgery
- Endoscopic Spinal Surgery
- Minimally Invasive Spinal Surgery
- Spinal Cord Injury Management
- Pain Therapy

Lower Back and Neck Exercises

If you're dealing with back or neck pain, know that relief is possible. This resource is designed to guide you through simple, effective exercises that strengthen your spine, improve flexibility, and reduce discomfort.

Whether you're starting your recovery or maintaining spinal health, these routines can be done at home or work. I've created this booklet to help you take an active role in your care.

Let's work together toward a stronger, pain-free spine.

— Dr. Abhishek Mannem

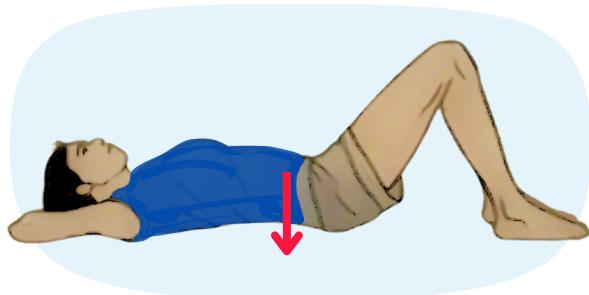


**BANGALORE
BACK**

Essential Lower Back Exercises

Pelvic Tilt

Lie on your back with knees bent and feet flat on the floor. Flatten back against the floor by tightening stomach muscles. Hold for 5 seconds, then relax.



↻ 5 to 10 reps

💡 Tip: Breathe normally while holding the position.

Knee-To-Chest Stretch

Lie on your back with knees bent and feet flat. Bring one knee to your chest while keeping the other leg flat.

⌚ Hold for 20-30 seconds.

🔄 Switch legs & repeat 2-3 times per side.



💡 Tip: Keep your back flat on the floor while stretching.

Cat-Cow Stretch

Start on your hands and knees. Arch your back up (cat pose), hold for 5 seconds. Drop your belly down while lifting your head and hips (cow pose), hold for 5 seconds.



cat pose



cow pose

💡 Tip: Move slowly & breathe deeply through each motion.

Bridge Exercise

Lie on your back with knees bent and feet hip-width apart. Tighten your core and lift your hips off the floor.

⌚ Hold for 5-10 seconds, then slowly lower.

🔄 Repeat 10-12 times.



💡 Tip: Avoid arching your lower back during the lift.

Essential Lower Back Exercises

Child's Pose

Start on your hands and knees. Sit back onto your heels with arms stretched forward.



⌚ Hold for 20-30 seconds.

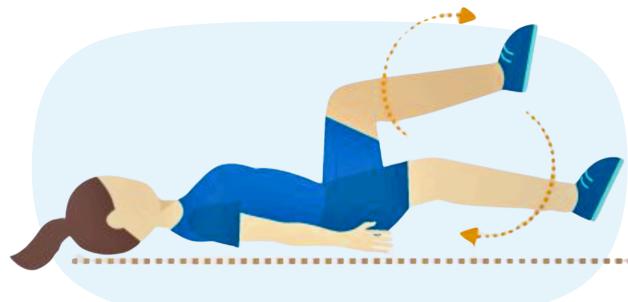
🔄 Repeat 2-3 times.

💡 Tip: Keep your head relaxed and breathe deeply.

Air Cycling

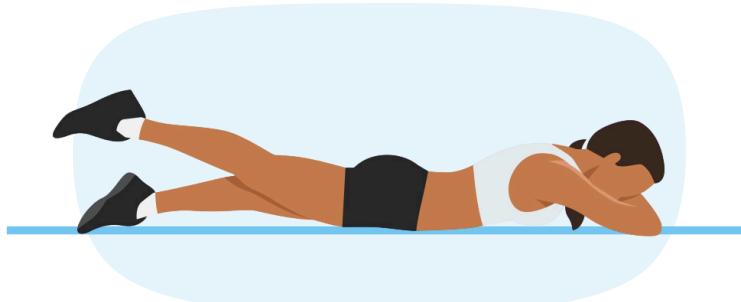
Lie on your back with arms extended. Move your legs in a cycling motion.

🔄 Repeat 20-25 times.



LEG RAISES (Prone Position)

Lie on your stomach and lift one leg straight up. Lower slowly and repeat with the other leg.

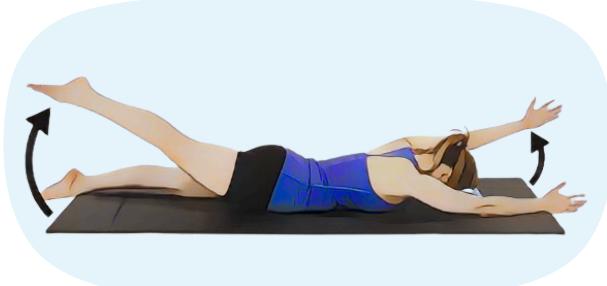


💡 Tip: Only raise your leg to a comfortable height

⌚ Hold for 5-7 seconds and release.

Simultaneous Arm & Leg Raise

Raise opposite arm and leg together.



⌚ Hold for 5-7 seconds and release.

🔄 Switch and repeat 2-3 times per side.

Neck Exercises

Why These Exercises Matter:

Neck pain and stiffness can result from poor posture, prolonged screen time, or muscle tension. Regular neck exercises help improve mobility, reduce strain, and promote better posture, preventing long-term discomfort and enhancing overall spinal health.

Neck exercises are divided into 3 parts:

1

Warm Ups

- Move your neck forward and backward.
- Tilt your neck sideways.
- Turn your head left and right.

2

Stretching

- Gently push your head forward using your hands.
- Stretch your neck sideways with your opposite hand.

3

Strengthening

- Isometric Neck Exercises
- Scapular/Shoulder Exercises

Isometric Neck Flexion

While sitting straight and tall, and looking forward, place your palm against your forehead. Gently press your forehead into your palm. Hold for 5 seconds and release. Do 3 sets of 5.



Isometric Neck Extension

While sitting straight and tall, and looking forward, place your palm against your forehead. Gently press your forehead into your palm. Hold for 5 seconds and release. Do 3 sets of 5.



Isometric Neck Side Bend

Sit straight and tall with your palm at the side of your temple. Gently press your temple into your palm. Hold for 5 seconds and release. Do 3 sets of 5 on the right and then again on the left.



Neck Exercises

- **Scapular/Shoulder Exercises**

Shoulder Stretch

Extend your arms overhead above your chest and hold for 15–30 seconds.



Shoulder Shrugs

Lift shoulders up toward your ears, hold for a few seconds, then slowly lower them. Perform 10–15 reps.



Shoulder Rotations

Move shoulders in circular motions. Start by making small circles, gradually increasing their size. Perform in both forward and backward directions.



General Tips

While doing neck & back exercises following these tips will help alleviate back and neck discomfort while promoting better posture.

 **Perform these exercises slowly and gently.**

 **Stop if you feel sharp pain.**

 **Aim to do them 1-2 times daily.**

 **For persistent pain or discomfort, consult your spine specialist.**

Proper Sitting Posture Tips

- Use a chair with a 100-110 degree backrest.
- Keep your buttocks aligned with the chair's angle for full back support.
- Keep your monitor at eye level.
- Avoid slouching while reading or working.
- Change your sitting posture every 45 minutes.
- Don't sit without support for more than 15-20 minutes.

Exercise Log

Exercised Today?

if yes check off the box for the date

Month:

Sun Mon Tue Wed Thu Fri Sat

A 4x5 grid of 20 empty circles, arranged in four rows and five columns. Each circle is a simple outline.

Walked Today?

if yes enter time (mins) or Distance (km)

Notes

Month:

Sun Mon Tue Wed Thu Fri Sat

A 4x7 grid of 28 empty circles, arranged in four rows and seven columns, intended for drawing practice.

Month:

Sun Mon Tue Wed Thu Fri Sat

A 4x7 grid of 28 empty circles, arranged in four rows and seven columns, intended for drawing practice.

FOLLOW UP QUESTIONS FOR DOCTOR: