

BASIC EXERCISES FOR LOW BACK PAIN

GOALS

Normalize tone in the muscles of the back and abdominal area.

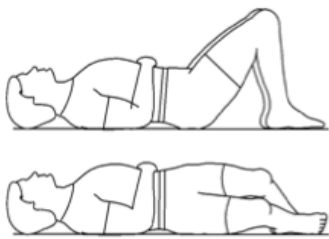
Reduce pain in the area.

INSTRUCTIONS

Equipment: Yoga mat (or comfortable flat surface)

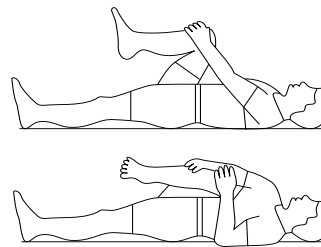
- Lay on your back.

The instructions below represent one set of exercises. Perform up to 3 sets 1-2 times per day.



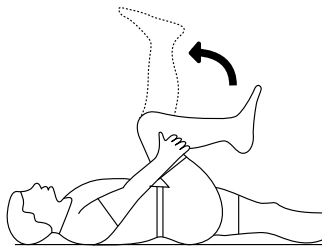
LOW BACK PAIN 1 BACK RELAXATION

Lay on your back with knees bent and feet on floor. **Slowly rock your knees from side to side.** Create an easy rhythmical oscillation in a pain-free range of motion. Repeat for 1-2 minutes.



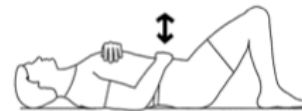
LOW BACK PAIN 2 PIRIFORMIS STRETCH

Remain on your back with both legs straight out. **Pull knee towards opposite shoulder until stretch is felt in buttock.** Hold 30 seconds and return to starting position. Perform 3 30-second repeats on each side.



LOW BACK PAIN 3 SUPINE HAMSTRING STRETCH

Remain on your back with both legs straight out. Grab hold of the back of one thigh behind the knee. Start with knee bent. **Straighten knee until a comfortable stretch is felt in back of thigh.** Hold 30 seconds and return to starting position. Perform 3 30-second repeats on each side.



LOW BACK PAIN 4 CORE CONTROL

Lay on your back with knees bent and feet on floor. **Flatten back by tightening abdominal and buttock muscles. Use your abdominal muscles to pull belly button towards the floor.** Hold 10 seconds. Do not hold your breath. Repeat up to 10 times.



LOW BACK PAIN 5 CORE CONTROL WITH BRIDGING

Start with core control as indicated in previous exercise. **Slowly raise your hips by tipping your tailbone up until your butt is 1-4 inches from floor.** Do not arch your back. Keep muscles tight. Hold 10 seconds. Do not hold your breath. Repeat this up to 10 times.



LOW BACK PAIN 6 CORE CONTROL WITH PARTIAL TRUNK CURL

Start with core control as indicated in previous exercise. **With arms at side, raise head and shoulders from floor until your abs start to shake/quiver.** Look toward ceiling to reduce neck strain. Hold 10 seconds. Do not hold your breath. Repeat up to 10 times.

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ADDITIONAL INSTRUCTIONS

- Drills are broken down into three target goals:
 1. Relaxation
 2. Stretching/Stretch
 3. Stabilization/Core Control
- Perform drills in the sequence listed unless otherwise advised by your therapist.

PRECAUTIONS

- Do not hold your breath while performing exercises.
- Avoid jerky movements.
- Perform these drills respecting your pain.
- You may experience some soreness from some of these drills. DO NOT perform these to the point of aggravating your symptoms.

NOTES: