

Exercise plan:
Lower Back Pain

Patient:
Physio Specialists Ltd

Date:
11th May 2020



Toe Touch

Keeping your legs straight, run your hands down the front of your thighs and touch your toes (or go down as far as feels comfortable). Hold the stretch as required, and then come up. This will increase the mobility in your spine, and also stretch your Hamstrings.

Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/dkblOfX4DW0>



Sitting Forward Hamstring and Spine Stretch

Sitting down, keep your legs straight in front of you, and reach forwards to touch your toes. Go as far as feels comfortable. You should feel a stretch in the back of the thighs/Hamstrings. Hold the stretch, and return to the start position.

Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/0e56B0v4g7Y>



Cat Camel Stretch

Start in a neutral four point position on your hands and knees. Round your back from an arched position as you pull in your abdominal muscles. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable, unless your therapist guides you otherwise. After you have rounded your back, form an arch with your lower back. Repeat the movement to the required number of repetitions. This is a good exercise to stretch your back and reduce back pain.

Perform 3 times daily

Video: <http://youtu.be/Wq2AChekwwU>



Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.

Perform 3 times daily | Perform both sides

Video: <http://youtu.be/lka-1VKjrew>



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Avoid Forward Bending

Be careful when you bend forwards! Repetitive forward bending can aggravate underlying disc problems. Keep your back straight and bend your knees to take a lot of strain off the spine.

Video: <http://youtu.be/akTzMmqItzl>



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Double Leg Back Stretch

Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.

Perform 3 times daily | Perform both sides

Video: <http://youtu.be/ZEz80zvkJv4>



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Sitting Forward Hang

Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

Hold for 10 Seconds | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/GrWP8fLx0-g>



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Back Extension Gentle

Lie on your front, and rest on your forearms. Your back will be gently arched. Hold this position. Start gently with this exercise as it can cause some stiffness when you first begin.

Hold for 10 Seconds | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/2fR41RNk9eg>



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Back Extension Medium

Lie on your front, and rest on your forearms. Straighten your arms to a 90 degree position as shown. Hold this position. Your back will be arched. Start gently with this exercise as it can cause some stiffness when you first begin.

Hold for 10 Seconds | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/jwl8g1dNzbw>

Supine Bridge Basic



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Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Hold for 10 Seconds | Repeat 5 times | Perform 3 times daily

Video: http://youtu.be/fK_xUE3OKIE

Standing Extension



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Standing up with good posture, extend your back by arching your spine backwards. You can place your hands in the small of your back for support if you require. Start gently, and keep the exercise within your comfort zone.

Hold for 10 Seconds | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/BeVqpwxfAdY>

Neutral Position Lumbar Decompression Chair



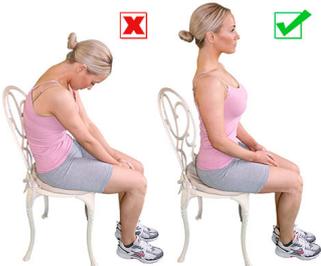
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Lie flat on your back, with your feet resting on a chair. Relax in this position. You can place your arms above your head if you wish. This exercise is a decompression exercise for the spine, especially useful for lumbar disc problems.

Perform 3 times daily

Video: <http://youtu.be/Zvfxgiqlsh4>

Advice On Sitting Correctly



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When sitting on a chair: 1) Keep your eyes on the horizon. 2) Do not let your head drop forwards or down. 3) Do not let your shoulders drop forwards. 4) Do not let your upper back round. 5) Keep a gentle backward curve in your lower back.

Video: <http://youtu.be/V5TGzXUJlqo>

Bruegger's Posture Standing Wall



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Stand up against a wall. Ensure your heels, buttocks, shoulders and head is touching the wall. Turn your hands out, so your palms are facing forwards with your hands resting against the wall. Bring your shoulder blades down and towards the midline. Tuck your chin backwards slightly. Breathe deeply throughout the exercise. If your upper back is very rounded and you are unable to get your head to the wall, do not arch your neck, just keep your head where it feels comfortable. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Hold for 30 Seconds | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/9BnkSNpGxxY>

Bruegger's Posture Sitting



Sit on the edge of a chair, and open your legs and allow them to relax outwards. Keep your body and spine tall, lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards, and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Hold for 30 Seconds | Repeat 5 times | Perform 3 times daily

Video: http://youtu.be/_uQ_-JeWTgU

Advice On Lifting



When lifting: 1) Avoid lifting heavy objects. 2) Position your body square on to the object being lifted, never twist. 3) Bend your knees rather than your back. 4) Contract your deep abdominal muscles - one way to do this is to squeeze your stomach inwards and hold. 5) Keep the load close to your body to reduce the weight and lever-arm. 6) Do not twist when you put the weight back down.

Video: <http://youtu.be/0ytXilkLf7A>

Getting In and Out of Bed



To get in and out of bed, sit on the side of your bed, and bend your knees up onto the bed as you lower the upper body down, thus keeping your back straight. Do the opposite when coming up from lying.

Correct Way to Sit Down and Stand Up



To ensure you sit down correctly, first contract the deep abdominal muscles by squeezing the stomach inwards. Next, lean forwards onto your feet and stick your bottom out slightly to maintain the natural curve in the lower back (known as the Hyperlordosis) and then bend the legs to squat down. Make sure you keep the eyes looking forwards, do not drop the chin. To stand up from sitting, do the opposite: first contract the abdominal muscles, then maintain the curve in the lower back, and push up from the legs.

Video: <http://youtu.be/z7Db6E3fgzk>

Your Advice Sheet

Please click on the attachment below for the advice sheet

[- Lower Back Pain.pdf](#)

[- Piriformis Syndrome.pdf](#)

[- Acute Back Pain.pdf](#)

[- Sciatica.pdf](#)

[- Back Pain.pdf](#)

www.physio-specialists.co.uk

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on headoffice@physio-specialists.co.uk. Good luck and keep with it!