

Low Back Pain Exercises

These are *recommended* exercises. You may not be able to do them all !

Do not perform any exercise that causes an increase in pain above 2-3/10 !

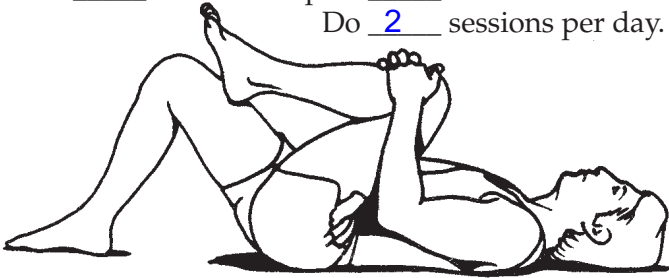
Insurance requires a trial of 4 weeks of these exercises, unless the exercises worsen pain.

Flexibility exercises:

Call (910) 442-1200 if you have questions!!

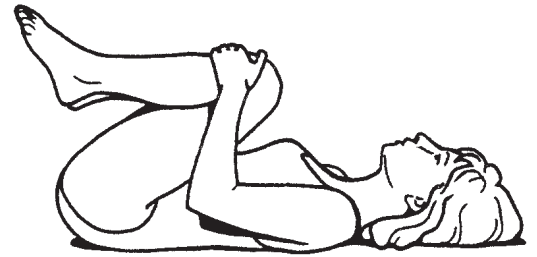
Single knee to chest:

Pull one knee up to your chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with your opposite knee. Hold 15 seconds. Repeat 3 times each side. Do 2 sessions per day.



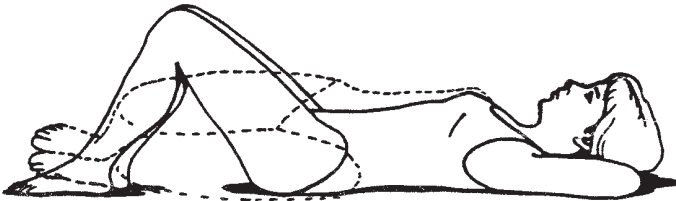
Double knees to chest:

Pull both knees up to your chest until a comfortable stretch is felt in the lower back and buttocks. Hold 15 seconds. Repeat 3 times. Do 2 sessions per day.



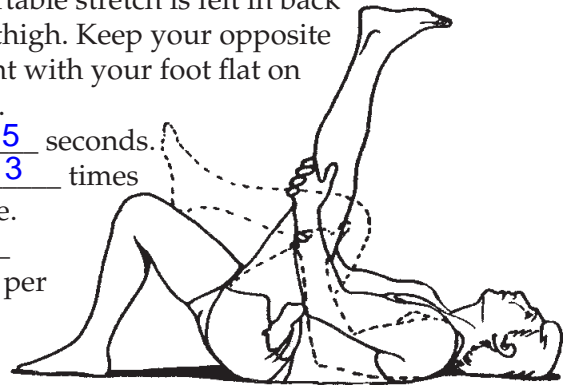
Lower trunk rotation stretch:

Keeping your back flat and feet and knees together, rotate your knees to one side. Repeat with opposite side. Hold for 15 seconds. Repeat 3 times each side. Do 2 sessions per day.



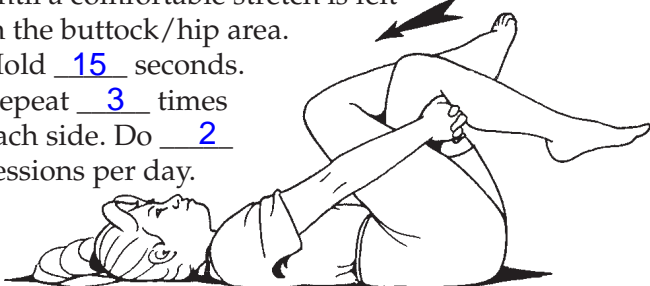
Hamstring stretch:

Support the back of your thigh behind the knee. Starting with knee bent, straighten your knee until a comfortable stretch is felt in back of your thigh. Keep your opposite knee bent with your foot flat on the floor. Hold 15 seconds. Repeat 3 times each side. Do 2 sessions per day.



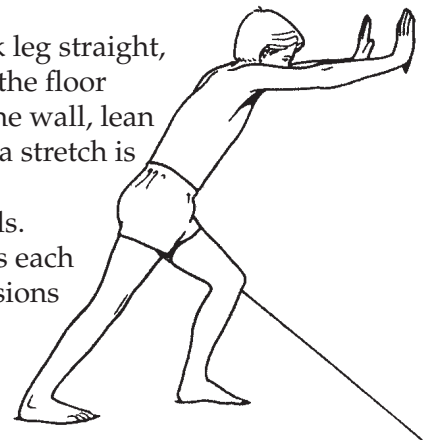
Piriformis stretch:

Cross your legs with the involved leg on top. Gently pull the opposite knee toward your chest until a comfortable stretch is felt in the buttock/hip area. Hold 15 seconds. Repeat 3 times each side. Do 2 sessions per day.



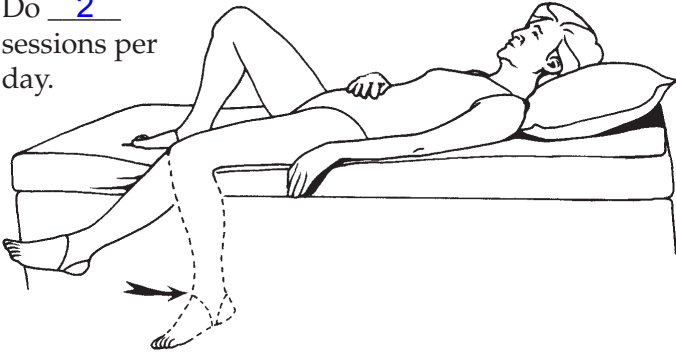
Calf stretch:

Keeping your back leg straight, with your heel on the floor pointed towards the wall, lean into the wall until a stretch is felt in your calf. Hold 15 seconds. Repeat 3 times each side. Do 2 sessions per day.



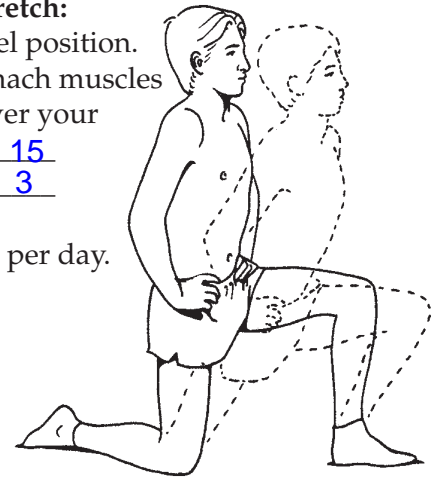
Hip flexor stretch:

Lying on your back near the edge of the bed, bend one leg with your foot flat on the bed. Hang your other leg over the edge, relaxed. Bend your knee back until a stretch is felt in the front of your thigh. Hold 15 seconds. Repeat 3 times each side. Do 2 sessions per day.



Half kneel hip stretch:

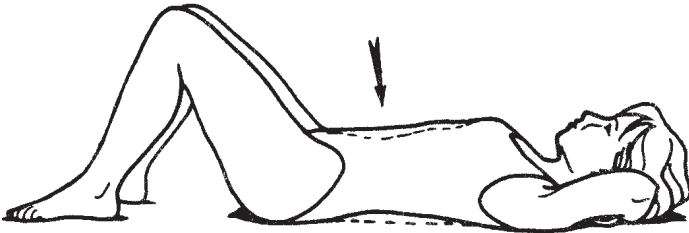
Start in a half kneel position. Tighten your stomach muscles as you lean out over your bent knee. Hold 15 seconds. Repeat 3 times each side. Do 2 sessions per day.



Stabilization exercises:

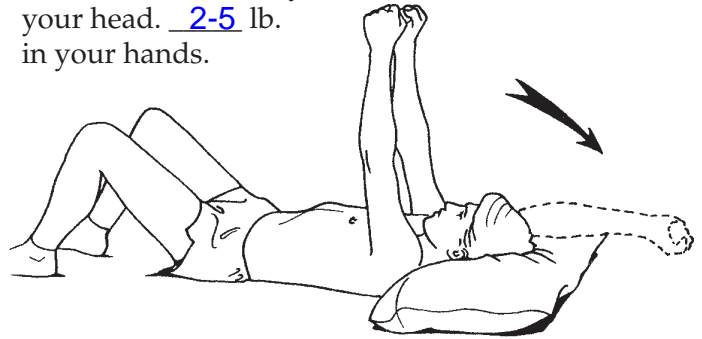
Pelvic tilt:

Flatten your lower back onto the floor by tightening your stomach muscles. Hold 10 seconds. Repeat 3 times. Do 1 sessions per day.



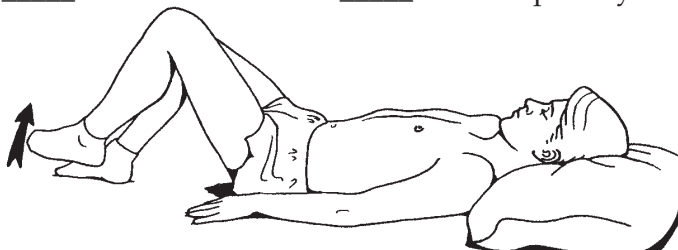
Pelvic tilt with arms:

While maintaining pelvic tilt, slowly lower one arm over your head. Only go as far as you can while maintaining your back flat on the floor. Slowly return to starting position. Repeat 2 times each side. Do 1 sessions per day. **Progression:** Alternate arms over your head. Both arms over your head. 2-5 lb. in your hands.



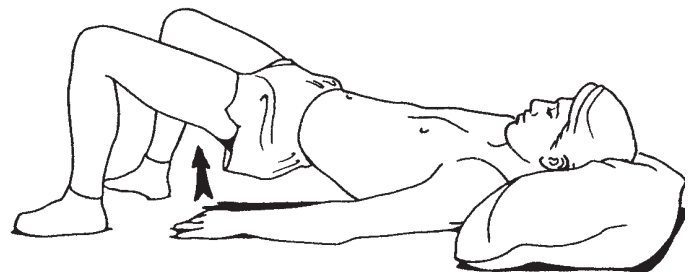
Pelvic tilt with legs:

While maintaining pelvic tilt, slowly raise one leg a few inches from the floor. Slowly return to starting position while maintaining your back flat on the floor. Only go as far as you can while maintaining your back flat on the floor. Repeat 2 times each side. Do 1 sessions per day.



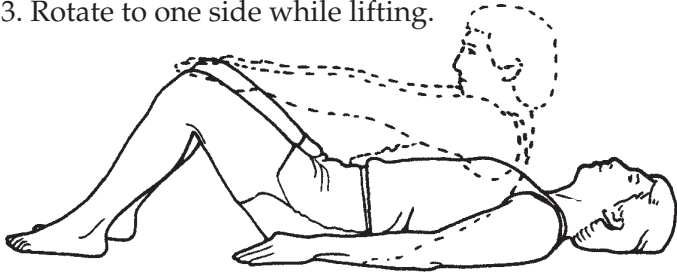
Pelvic with bridging:

While maintaining pelvic tilt, slowly raise your buttocks off the floor. Slowly return to starting position while maintaining pelvic tilt. Repeat 2 times. Do 1 sessions per day.



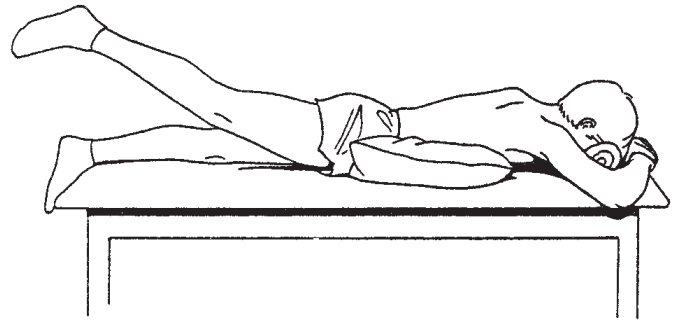
Partial curl up:

With arms at your side, tilt your pelvis to flatten your back. Raise your shoulders and head from the floor. Hold 10 seconds. Repeat 2 times. Do 1 sessions per day. **Progression:** 1. Arms folded across your chest. 2. Hands behind your head. 3. Rotate to one side while lifting.



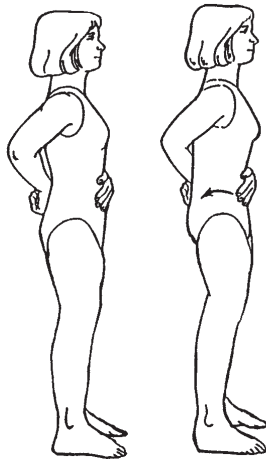
Prone with leg raise:

Tighten abdominals to keep your trunk rigid while you slowly raise straight leg 6 to 8 inches from the floor. Slowly return to starting position. Repeat 2 times each side. Do 1 sessions per day.



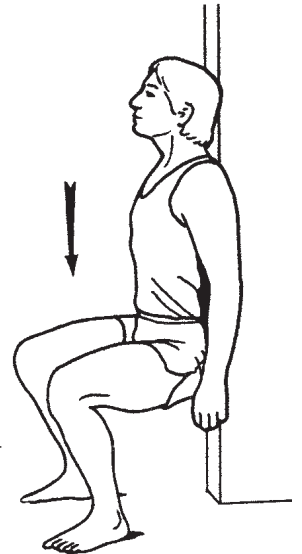
Standing pelvic tilt:

Stand with your back against the wall. Tighten abdominal muscles while flattening your back against the wall. Progress by holding pelvic tilt and walking away from the wall. Hold 10 seconds. Repeat 2 times. Do 1 sessions per day.



Wall slides:

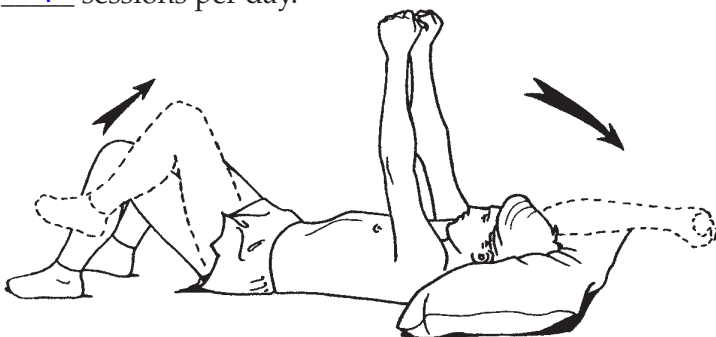
Lean against the wall with your heels a few inches from the wall. Maintain pelvic tilt while slowly lowering your buttocks towards the floor. Only lower as far as you can while maintaining your back flat against the wall. Slowly return to starting position while maintaining your back flat against the wall. Repeat 2 times. Do 1 sessions per day.



Advanced stabilization exercises:

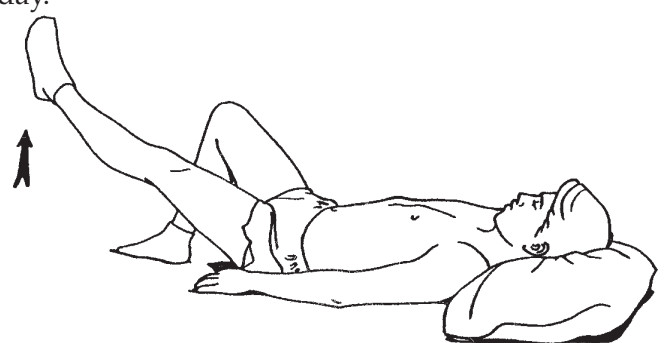
Pelvic tilt with arms/legs:

While maintaining pelvic tilt, slowly raise one leg and lower the opposite arm over your head. Return to starting position while maintaining your back flat on the floor. Repeat 2 times each side. Do 1 sessions per day.



Pelvic tilt with SLR:

While maintaining pelvic tilt slowly raise straight leg 8 to 12 inches from the floor. Slowly lower leg while maintaining your back against the floor. Repeat 2 times each side. Do 1 sessions per day.

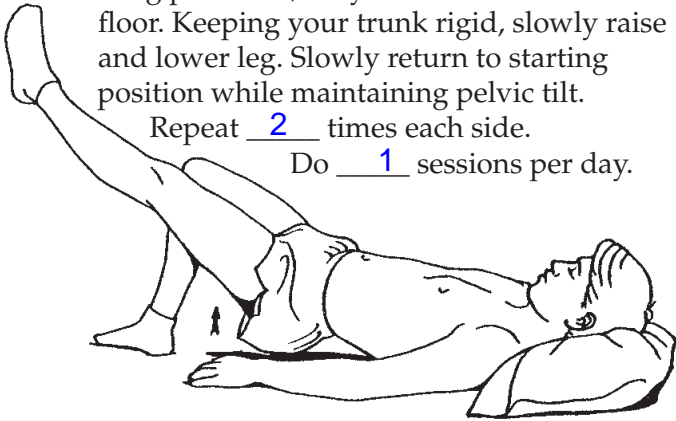


LOW BACK PAIN EXERCISES

Bridging with straight leg raise:

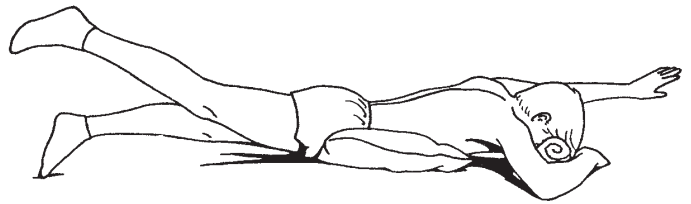
Start with one knee bent and the other leg straight. Maintaining pelvic tilt, lift your buttocks off the floor. Keeping your trunk rigid, slowly raise and lower leg. Slowly return to starting position while maintaining pelvic tilt.

Repeat 2 times each side.
Do 1 sessions per day.



Prone with arms/legs:

Tighten abdominals to keep your trunk rigid while you slowly raise straight leg and opposite arm simultaneously 6 to 8 inches from the floor. Slowly return to starting position. Repeat 2 times each side. Do 1 sessions per day.



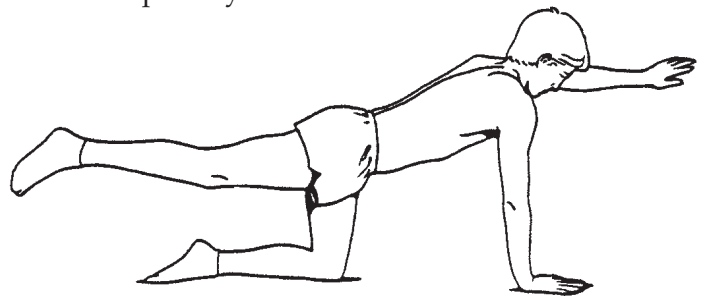
All-fours with arms:

While maintaining pelvic tilt, slowly raise your arm until it is parallel with the floor. Slowly return to starting position. Alternate your arms while maintaining pelvic tilt. Repeat 5-10 times each side. Do 1 sessions per day.



All-fours with arms/legs:

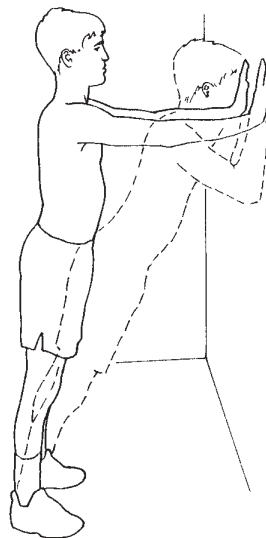
While maintaining pelvic tilt, simultaneously raise your leg and opposite arm. Slowly return to starting position. Alternate sides while maintaining pelvic tilt. Repeat 5-10 times each side. Do 1 sessions per day.



Wall push-ups:

Place your hands and feet shoulder width apart. Lean into the wall, then push away from the wall while maintaining pelvic tilt.

Repeat 5-10 times.
Do 1 sessions per day.



Half kneel to stand:

Perform pelvic tilt in half kneel position. While maintaining pelvic tilt move to a standing position, then return to a half kneeling position while maintaining pelvic tilt.

Optional/advanced. Ask First!

