

Basic lower back exercises

Gentle exercise is proven to help reduce back pain, start doing these exercises while you wait for your Physiotherapy appointment.

These exercises may cause some discomfort but should not increase your pain. STOP if the exercises are increasing your pain throughout or after.

In this position try and tilt the pelvis back so you can feel the lower part of your back flatten against the floor and relax. Repeat x 10

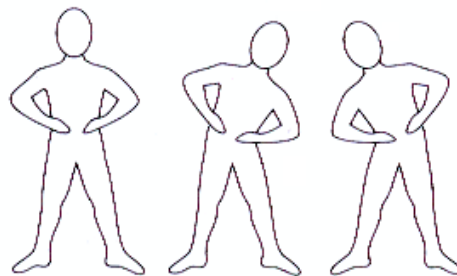


Lie on your back and gently bring your knees up towards your chest, keeping the shoulders and neck relaxed. You can try one knee at a time if both legs is too painful. Repeat x 30



Back arch:

Lying face down on the floor, push up with your arms, hands placed below your shoulders. Keep your pelvis on the floor and only raise your back.



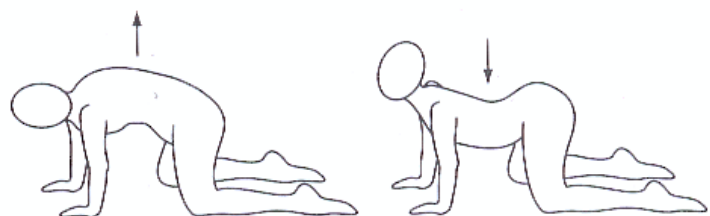
Side bends:

Start with your feet hip width apart, hands on hips. Bend slowly to the left and then slowly to the right. Do not tilt forward. **Repeat 10 times.**

Starting position for all exercises is on all fours. Hands should be placed shoulder width apart, arms and thighs vertical. Use an exercise mat if you have one.

Arch the back, at the same time, look down at the floor. Then lower the stomach towards the floor, hollowing the back and at the same time look up at the ceiling.

Repeat x 10



Sit back on your haunches. Walk your hands forward as far as you feel comfortable, keeping your bottom touching your heels. **Repeat 10 times.**

