

Basic Low Back Exercises



Pelvic tilts

Try and tilt your pelvis so you can feel the lower part of your back flat against the floor and relax. Repeat x10



Repeated flexion in lying

Lie on your back and gently bring your knees up to your chest. Try one knee at a time if both is too painful. X10



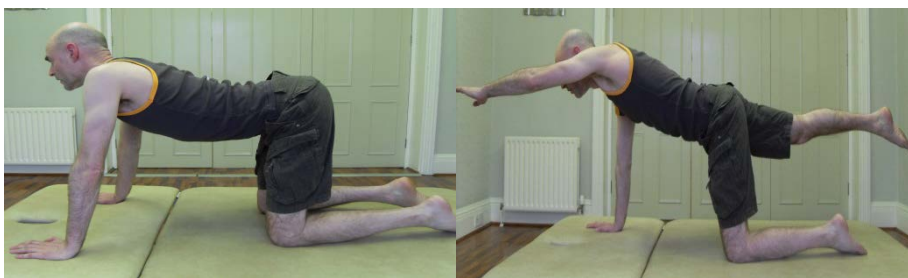
Repeated extension in lying

Push up with your arms, hands placed below your shoulders and keep your pelvis on the bed. Repeat x10



Cat curls

On all fours. Arch the back then lower the stomach to the floor, hollowing the back. Repeat x10



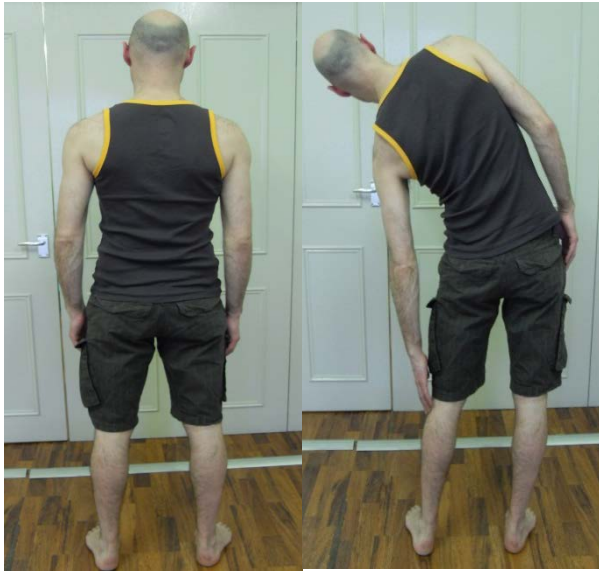
Superman

Stretch one arm forward in front at the same time stretching the opposite leg out behind. Repeat x10



Bridging

Slowly lift your tail bone up off the bed and lift your pelvis. Hold for a couple of seconds and then lower down. Repeat x10



Side bends

Start with your feet hip distance apart. Bend slowly down to the left and then slowly to the right. Do not tilt forward. Repeat x10



Extension in standing

Standing hip width apart with your feet, and your hands in the small of your back for support. Slowly arch backwards keeping your chin tucked in. Repeat x10

Gentle exercise is proven to help reduce back pain, start doing these exercises while you wait for your physiotherapy appointment. They may cause some discomfort but should not increase your pain. STOP if the exercises are increasing your pain throughout or after.

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