

General lower back pain exercises

Disclaimer: Do not perform these exercises without advice from your practitioner. These exercises are not tailored to specific back injuries and are of a general nature.

Given the correct prescription for you, we aim to get you from acute back pain to functionally fit.

Customised exercises prescribed by your practitioner:

You can find more information and advice using the following:



Use your iPhone or QR reader to find our **YouTube** video – Lower back stretches and rehab: from acute injury to functional fit.



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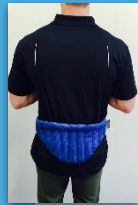
Acute and painful - aim to control



1. Lumbar rock - gently rock knees from side to side (from 10 to 2) while laying on back - 20 x each way



2. Cobra - move into extended stretch for 3 seconds x 10.



3. Heat pack on site of pain - generally feels better than ice to soothe pain



4. Glute stretch 3 ways - pull knee to shoulder - pull knee toward opposite shoulder - pull shin toward shoulder

Walk 10-15 minutes, 1-3 times each day

Sub acute - control pain and add stability



5. Prone bridge (keep backside down) - 2 reps for 30-60 seconds - add 5 leg lifts on each side



6. Side bridge - 2 reps (left and right) for 15-30 seconds



7. Bird Dog - on all fours extend opposite arm and leg until straight with torso - repeat 10 x each side



8. Flexion practice - slowly bend forward and hold to tolerance for 30-60 seconds



9. Glute bridge - 2 sets of 10-15 reps - pausing to hold at the top



10. Cat Cow - curl and arch your back 10 x on all fours

Long walks - 30 minutes daily

Long term - aim is to add strength and function



11. Box squats - use a chair or box (knee squat) - 2 reps of 15-30 seconds - duck bum with chest up



12. Deadlifts - add 5 % of BW at a time to slowly increase resistance - 3 sets of 10 reps (or to fatigue)



13. Weighted squats - add 5 % of BW at a time to slowly increase resistance - 3 sets of 10 reps



14. Kettlebell swings - add 5 % of BW at a time to slowly increase resistance - 3 sets of 10 reps