

Low Back Pain Management and Prevention Exercises

It is important to stay active to manage and prevent back pain. An important part of staying active is regular exercise. There are numerous exercises and activities that can help you prevent or manage back pain. The following are some back exercises (flexibility and strengthening) that you may find particularly useful.

<p>Knee to Chest</p> <ul style="list-style-type: none"> -Lie down with knees bent. -Draw knee to chest using arms to help. Relax head if needed. -Hold 5 secs. Repeat 5-8 times/ leg. NB: Alternatively, you can bring both knees up together. 		<p>Trunk Rotation</p> <ul style="list-style-type: none"> -Lie on back with knees bent. -Slowly lower your knees down to one side rotating your trunk. -Bring knees back up and then lower down in opposite direction. -Repeat 10 times in each direction. 	
<p>Pelvic Tilts – Lying Down</p> <ul style="list-style-type: none"> -Lie down with knees bent. -Flatten the small of your back into ground allowing bottom to rise up. -Hold position 5 secs then relax. -Repeat 10 times. 		<p>General Back Stretch</p> <ul style="list-style-type: none"> -On all fours (crawling position), slowly lower bottom to heels. -Let shoulders and neck relax into ground stretching arms out ahead. -Hold 10 secs. Repeat 3 times. 	
<p>Cat/Camel</p> <ul style="list-style-type: none"> -Start on all fours with knees/ hands directly under hips/ shoulder. -Arch your back towards the ceiling tucking head into chest. -Then hollow your low back sticking bottom up and moving stomach closer to ground. -Repeat all movements 5-10 times. NB: Don't move your legs or arms, just move your back slowly. 		<p>Standing Pelvic Rocks</p> <ul style="list-style-type: none"> -Stand up straight. (Optional- with hands on hips.) -Slowly arch your back sticking bottom out. -Then reverse the direction tucking your bottom in flattening your back. -Repeat each direction 3-5 times moving as far as you are able. -Move only at your pelvis keeping legs and shoulders still. 	
<p>Back Extension – Prone</p> <ul style="list-style-type: none"> -Lying face down, slowly push up onto elbows/ forearms. -Arch the small of your back pressing pelvis and stomach into floor. -Hold 10 secs. Repeat 5 times. NB: If able, try to slowly push up onto hands. 		<p>Standing Back Arch</p> <ul style="list-style-type: none"> -Standing up straight, place hands on your back. -Slowly bend your back backwards as far as you are able. -Pause at the end for 3 secs. -Repeat 3 times. NB: This is a good exercise after extended sitting or flexed posture. 	
<p>Seated Back Stretch</p> <ul style="list-style-type: none"> -Clasp hands together and stretch arms ahead as much as possible. -Move head to chest and reach down to ground. -Hold 2 secs then reach to the right and then to the left pausing in each direction. Repeat 2-3 times. 		<p>Hamstring Stretch</p> <ul style="list-style-type: none"> -Sit up tall in chair and straighten out one knee. Bend ankle towards head for a calf/back of leg stretch. -Keeping your back straight, place hands on knees and hinge forward at your hips. Do not bend at your back. Hold 15 secs. Repeat 2 times. 	
<p>Calf Stretch</p> <ul style="list-style-type: none"> -Stand with one leg behind you. -Shift weight towards front leg keeping your back straight and the back leg's heel down and knee straight. Hold 15 secs for each leg. -You may choose to lean against a wall for more support. 		<p>Quadriceps/Hip Stretch</p> <ul style="list-style-type: none"> - Grasping foot (or trouser leg), bring heel towards buttocks. - Straighten hip by pushing hip forwards and pointing knee down to ground. -Hold 15 seconds. Support opposite arm at a wall if needed. 	