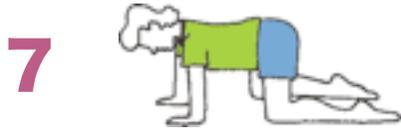




6

Lie on your tummy. Place hands flat on floor at shoulder level. Push up while keeping hips on the floor, allowing back to arch. Only go as far as comfortable within the limits of your pain. Repeat 5 times, 3 times daily.

“People with low back pain tend to have weaker lower back stability muscles. Retraining and strengthening these stability muscles can help decrease back pain and improve function. Pilates is a form of exercise with an emphasis on developing an awareness and activation of these deeper core muscles, which is particularly helpful in low back pain sufferers. Why not book your pilates class with us at **PhysioQinetics** today?”



Kneel on all fours. Hands placed shoulder width apart, arms and thighs vertical. Round the back upwards and at the same time look down at the floor. Lower the stomach towards the floor, making a hollow in your back, and at the same time look up to the ceiling. All motion should be initiated from your low back. Repeat 5 times, 3 times daily.

Stand up straight with your arms at your sides and your feet shoulder width apart. Run your right hand down the outside of your right thigh to side bend your trunk towards that side. Hold for 5 seconds and then straighten up. Repeat to the opposite side and do each side 5 times, 3 times daily.

8



## What if my condition hasn't improved after these exercises?

If you see no improvement in your back pain after these exercises, then it is likely you may need specialist musculoskeletal treatment. At PhysioQinetics, we pride ourselves in providing affordable first-class musculoskeletal physiotherapy. Why not make an appointment with us today?

## Patient information leaflet series

## Low Back Pain: Advice and exercise

Mechanical back pain is one of the most common medical problems reported around the world. It is estimated that 85% of the population will experience back pain at some point in their lives.

Those most at risk of developing back pain are people who are overweight or inactive; who spend a lot of time sitting at work; or whose jobs require them to lift, twist and bend.

The most common cause of back pain is poor posture and body mechanics in the workplace. You may have strained your back doing something specific e.g. bending or it may have come on out of the blue for no obvious reason. The good news is that back pain is rarely due to anything serious and does get better on its own quite quickly, mostly within six weeks.

### Advice

- First, follow your doctor's recommendation on pain relief medication.
- If your pain develops after an injury, use ice for the first week. A pack of frozen peas wrapped in a damp towel for 10 mins often helps. After one week, try heat e.g. using hot water bottle wrapped in a towel for 15 minutes. Do not use heat or ice if you have poor sensation or an infected wound.
- Try to keep active as much as possible. It speeds up recovery from back pain. Bed rest for more than 1-2 days is no longer recommended.

# Exercises for low back pain

-continue-

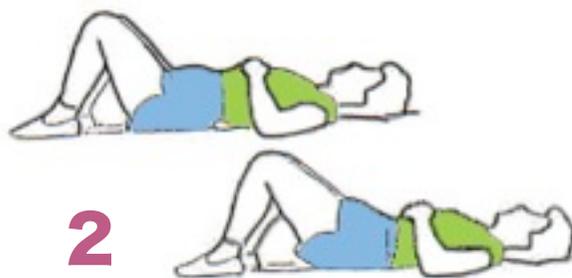
- Change activities and position frequently. Do not sit, lie, or walk for too long. Do not stay in one position for more than 15-20 minutes.
- Sit on a chair with a supportive back and firm seat. Place a lumbar roll into the lower curve of your back for support and maintenance of posture.
- Avoid long sitting with your legs out-stretched as this causes you to round your back e.g. sitting up in bed or in the bath.
- Avoid stretching your legs when driving. Move seat as close to pedals as possible.
- Avoid bending, reaching up and twisting while the pain is acute.
- Remember to use your knees to lift not your back. Try avoiding lifting at all.
- Use a firm and supportive mattress. Mattresses more than 10 years old probably need replacing. Avoid sleeping in a chair or on the floor.
- Try placing a firm pillow for support when lying in different positions. E.g. place a pillow under your knees when on your back, and a pillow between your knees when on your side. This can help take the pressure off your spine.

## Exercises



1

Lie on your back with knees bent and spine in a neutral position. Slowly breathe in and as you breathe out, gently draw in your lower tummy muscles and your pelvic floor muscles (imagine stopping yourself mid flow urine). It should be a very gentle tightening at about 30% effort only. Hold this slow, gentle contraction for 5 seconds while you continue to breathe normally, repeat 10 times, 3 times daily.



2

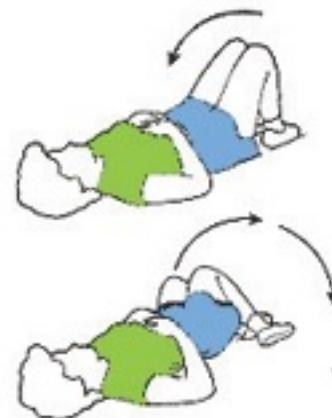
Lying on your back with your knees bent, try and tilt the pelvis back so you can feel the lower part of your back flattening against the floor. Hold for 5 seconds and release, repeat 10 times, 3 times daily.

3



Lie on your back and gently bring one knee up towards your chest as far as you comfortably can. Hold for 5 seconds and release, repeat 5 times to each side, 3 times daily. If this is comfortable, rather than doing single knee to chest for alternate sides, you may like to try the next progression instead which is double knees up towards your chest.

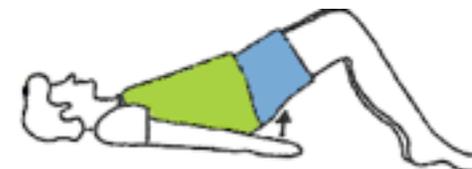
4



Keeping your shoulder on the floor slowly roll both knees over to one side and then repeat to the other side. Repeat 10 times, 3 times daily.

Number of repetitions and sets of each exercise are only a rough guide, you may need to adjust this depending on the severity and irritability of your back condition.

5



Lie on back with knees bent and feet flat. Squeeze your buttock muscles together and lift your buttock off the floor, as high as comfortable, and hold for 5 seconds. Slowly lower and relax. Repeat 5 times, 3 times daily.

Exercise gets your back moving again. If done correctly, it helps to stretch tight muscles and mobilise stiff joints. The exercises may initially cause some discomfort but should not increase your pain. Please STOP the exercises if they increase your pain and seek further advice from your doctor or make an appointment to see a chartered physiotherapist at **PhysioQinetics**.