

Back Exercises: Persistent Back Pain



1 Lying Extension

2 Knee Hugs

3 Cat Exercise

4 Standing Extension

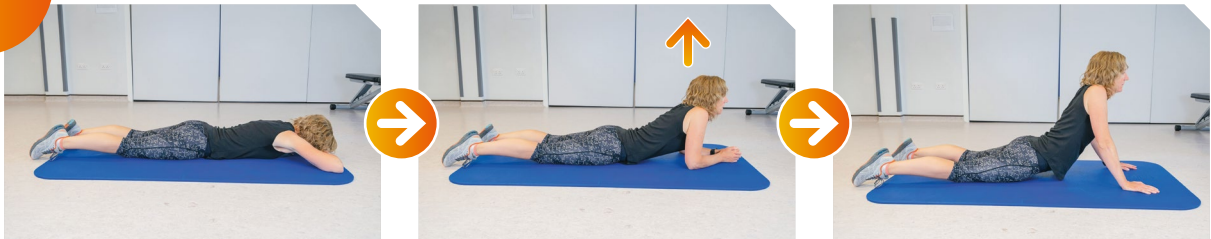
5 Standing Side Flexion

6 Bridging; Progressing to 1 Leg Lift

7 Superman Exercise

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Lying Extension



Lying on your front on either the bed or floor, first rest your forehead on your hands, then if you can, move to resting through your elbows. Finally, if you want more of a stretch try to straighten your arms.

Hold for 10 seconds, slowly lower your chest back down. Repeat 10 X. You can also try holding this stretch for longer (30 sec to 2min) just do fewer repetitions.

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- 6 Bridging; Progressing to 1 Leg Lift
- 7 Superman Exercise

2 Knee Hugs



Lying on your back on either the bed or floor hug your knees into your chest.

Hold this for around 10 seconds, you can also try gently rocking side to side in this position.

3 Cat Exercise



Kneeling on all fours, keep your hips and shoulders still, arch your back up as far as you can, then arch your back down as far as you can.

Hold each position for 10 seconds. Repeat 10 X.

CONTINUED OVERLEAF 

1 Lying Extension

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7 Superman Exercise

4 Standing Extension



In standing with your hands on your lower back to help support it, stretch back as far as you can.

Hold for a couple of seconds. Repeat 3-5 X.

5 Standing Side Flexion



In standing slide your hands down the side of your legs reaching as far as you can towards the floor.

Hold for a couple of seconds. Repeat 3-5 X.

CONTINUED OVERLEAF 

1 Lying Extension

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6 **Bridging; Progressing to 1 Leg Lift**

7 **Superman Exercise**

6 Bridging



Lying on your back with your knees bent and feet flat on the floor. Slowly peel your bottom off the floor rolling your spine off the floor until you reach your shoulder blades. Keep your shoulder blades on the floor. Try to keep a level pelvis.

Hold for 20 seconds. Repeat 5-10 X. If you can do this easily keeping a level pelvis then you can try straightening one leg out in front of you. Try to hold this for 20 sec then repeat using the other leg.

7 Superman Exercise



Kneeling on all fours with hips and shoulders at 90 degrees, first try to straighten 1 leg out behind you, keeping your pelvis level (imagine you have a glass of water balancing on your pelvis and you don't want to spill a drop). Then, if you can do this straighten your opposite arm out in front of you at the same time.

Try to hold this position as steady as you can for up to 1 minute. Repeat 3 X.