

# Low Back Pain

Back pain is as much a part of the human condition as the common cold. In fact, 8 out of 10 adults will experience an acute episode of back pain at some point in their lifetime. Back pain is the second most common cause of missed workdays due to illness and the most common cause of disability.

Many different structures in the back and neck are capable of producing pain. There are the large nerve roots that go to the legs and smaller nerves that innervate (supply the nerves to) the spine itself. The large paired back muscles may be strained, and the bones, ligaments and joints may be injured etc.

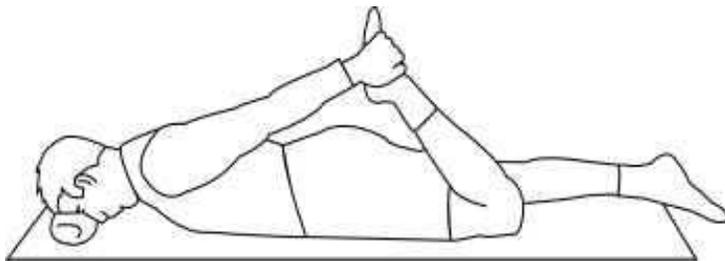
Here is a basic guide of exercises that you can prefer if you are suffering from backache

Attempt all these exercises only after consulting your Doctor or Physiotherapist

## **FLEXIBILITY**

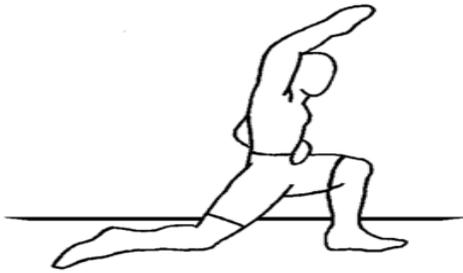
A lack of flexibility through the hips (hamstring, hip flexors, gluteus muscles) can contribute to low back pain, therefore it is important to work on this if you are experiencing back pain. Please make sure all stretches are “pain free”. If you feel discomfort, you may not be ready to do that specific stretch.

### **1. Quadriceps Stretch**



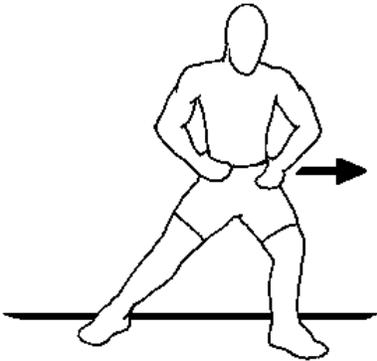
Using a towel, or hand, lie on your stomach, attach the band to affected foot and pull your heel to your butt. Hold this stretch for 1 min. Repeat 3 times.

## 2. Hip Flexor Stretch



Kneel with affected knee on the ground, same side arm goes back causing pelvis (hips) to shift forward, and back to extend. Hold for 20- 30 seconds. Repeat 3 times.

## 3. Adductor Stretch



Prop the inside of your ankle up on a table, lean into the side you're stretching. Hold for 20-30 seconds. Repeat 3 times.

## 4. Hamstring Stretch



Prop the back of your heel up on a table, keep your back straight, and lean forward at the hips. Hold for 20-30 seconds. Repeat 3 times.

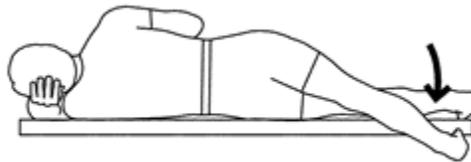
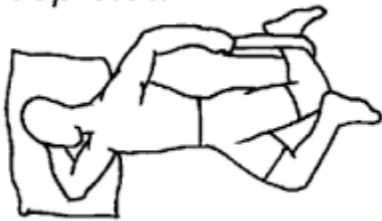
## 5. Dynamic Hamstring Stretch



Lie on your back, reach hands behind your knee, keep knee at 90 degree angle, and kick up until you feel stretch. Repeat 15-20x each side.

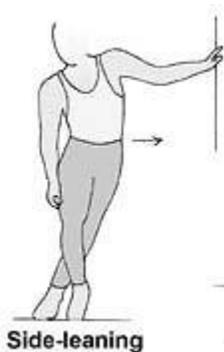
## 6. Side lying IT Band Stretch

*Top View*



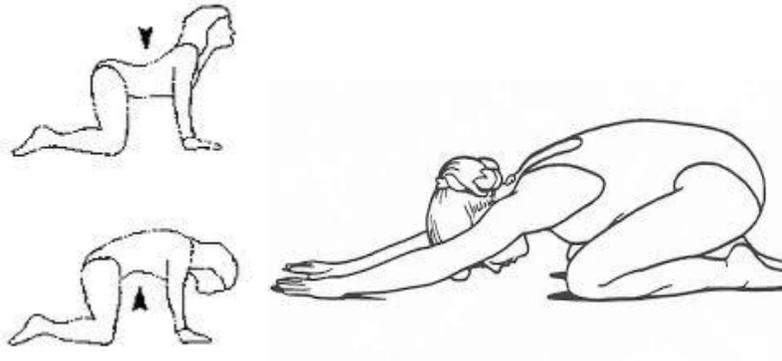
Lie on your side, use a towel, or band and pull foot back as if stretching quadriceps, use opposite foot to push down on distal part of leg. Hold this stretch for 1 min. Repeat as needed.

## 7. C stretch for IT Band



In standing, place affected leg behind the good leg, and lean away. Hold for 20-30 seconds. Repeat 3 times.

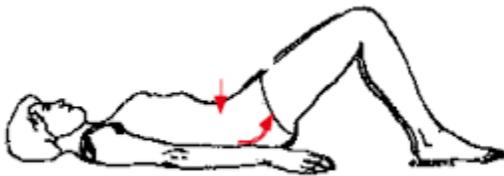
## 8. Prayer Cat n Camel



Start on all fours. Prayer - Exhale as you sit back onto heels, lower head, tuck chin and reach arms out. Cat- Inhale as you arch the back up and hollow out abdominals while head remains tucked. Camel- Exhale and lower abdominal and reach chin towards ceiling. Tuck chin and sit back into Prayer position. Repeat 5 times.

## STRENGTHENING EXERCISES

### 1. Supine Abdominal Draw In



Lie on your back on a table or mat, knees up with feet flat on table/ mat; pull the abs in and push your low back to the table/mat. Repeat 20 times.

## 2. Abdominal Draw In with Knee to Chest



Lie on your back on table or mat, draw one knee to the chest while maintaining the abdominal draw in; do not grab the knee with your hand. Repeat 10-20 times each leg.

## 3. Abdominal Draw In with Heel Slide



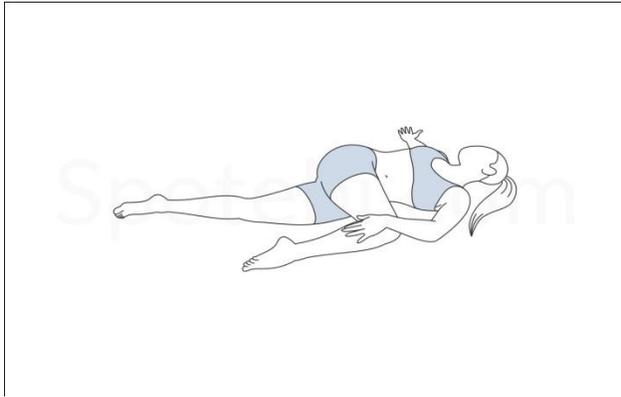
Lie on your back on table or mat, draw the heel back towards the buttock while maintaining the abdominal draw in. Maintain as you return to the start position. Repeat 10-20 times each leg.

## 4. Abdominal Draw In with Double Knee to Chest



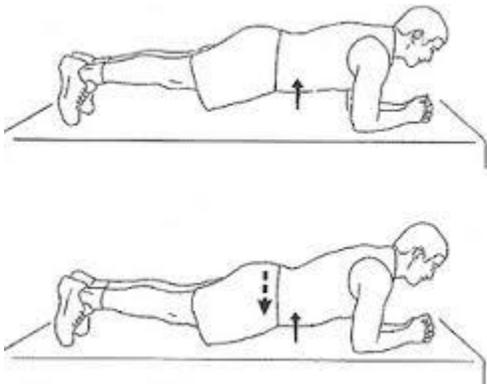
Lie on your back on table or mat, bring both knees to your chest at the same time. Maintain the abdominal draw in throughout the entire exercise. Repeat 10-20 times.

## 5. Supine Twist



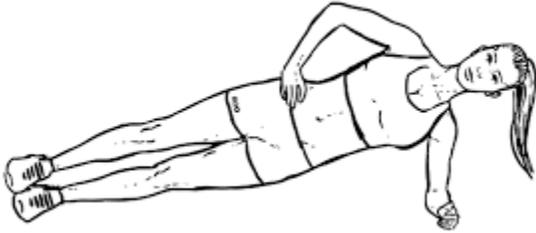
Lie on your back on floor with hips and knees bent to 90 degrees with feet flat on floor; draw in abdominal muscles and maintain throughout exercise; slowly and with control, rotate knees to one side keeping hips in contact with the floor; engage obliques to pull knees back to center and repeat on opposite side; Repeat 10-20 times.

## 6. Prone Bridging on Elbows



Lie on your stomach on a table or mat with your forearms/elbows on the table/mat; rise up so that you are resting on your forearms and toes; maintain abdominal draw in; your back should be completely straight; hold this position for 15 sec – 1 min. Progress in increments of 15 seconds. Repeat 5-10 times.

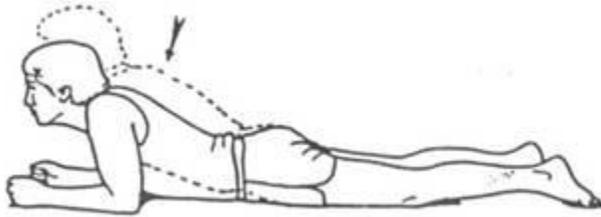
## 7. Side Bridging on Elbow



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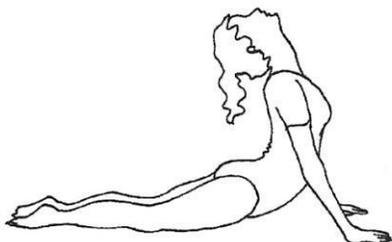
Lie on your side with your elbow underneath you; rise up so that you are resting one forearm/elbow and foot on same side; hold this position for 15sec – 1min. Progress in increments of 15 seconds. Repeat 5-10 times. Make sure to complete exercise on both sides.

## 8. Prone on Elbows



Lie on your stomach on table or mat with legs extended and hands palm down just above shoulders; retract shoulder blades down and in towards the midline of your spine; maintaining that position, lift your chest off of the floor; hold for 3-5 seconds keeping the back of the neck long and making sure front hip bones stay in contact with mat during entire movement.. Repeat 10-20 times.

## 9. Prone Cobra's



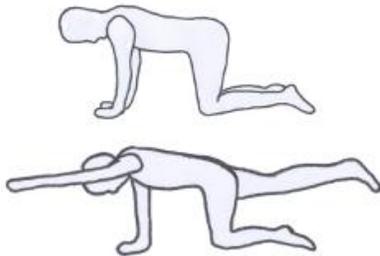
Lie on your stomach on a table or mat with your arms at your side; lift your head and chest off the table/mat; hold your glutes (buttock muscles) tight and squeeze your shoulder blades together; hold briefly and return to starting position. Repeat 10-20 times.

## **10. Superman's**



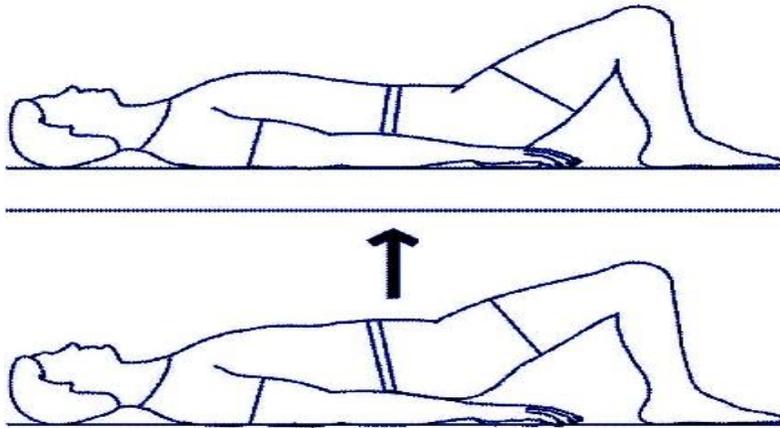
Lie on your stomach on table or mat with arms and legs extended; retract shoulder blades down and in towards the midline of your spine and draw in abdominal muscles; maintaining this position, lift opposite arm and opposite leg ensuring that your hips stay in contact with the floor; hold for 3-5 seconds and reverse sides. Repeat 10-20 times.

## **11. Quadruped Opposite arm/leg**



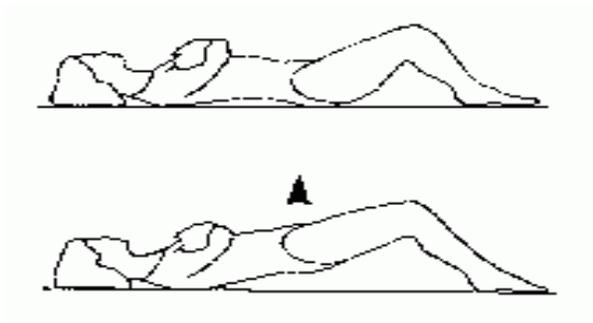
In a quadruped position (on all fours); keep head straight with knees bent to 90 degrees. Engage your core to keep back straight during entire exercise and use your hamstrings, glutes, and low back muscles to lift your leg straight while simultaneously lifting opposite arm; Repeat 10 times each side.

## 12. Supine Bridging



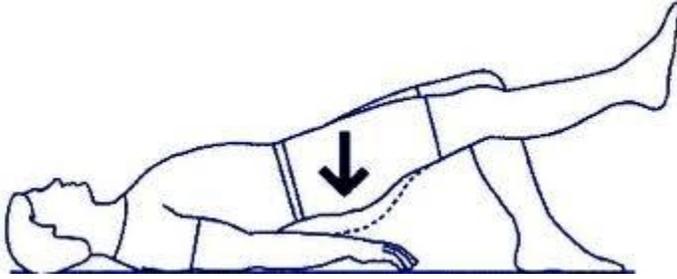
Lie on your back on table or mat with hips and knees bent to 90 degrees with feet flat on floor and arms palm-down at sides; draw in abdominal muscles and maintain throughout exercise; slowly raise your butt off the table/mat by using your glutes and hamstrings until your torso is in line with thighs; hold for 3-5 seconds. Repeat 10 – 20 times.

## 13. Supine bridging with Arms Across Chest



Lie on your back on table or mat with hips and knees bent to 90 degrees with feet flat on floor and arms across chest; draw in abdominal muscles and maintain throughout exercise; slowly raise your butt off the table/mat by using your glutes and hamstrings until your torso is in line with thighs; hold for 3-5 seconds. Repeat 10 – 20 times.

## 14. **Supine Single Leg Bridging**



Lie on your back on table or mat with hips and knees bent to 90 degrees with feet flat on floor and arms palm-down at sides; draw in abdominal muscles and maintain throughout exercise; lift one leg so that thigh is perpendicular to the floor and knee is bent to 90 degrees; slowly raise your butt off the table/mat by using your glutes and hamstrings until your torso is in line with thigh; hold for 3-5 seconds. Repeat 10-20 times on each leg