

## Low Back Pain Rehabilitation Exercises

The goal of these exercises is to strengthen your abdominal muscles, stretch your lower back, hip flexors, and hamstrings. These exercises may help reduce lower back pain by correcting muscle imbalances in strength and flexibility of the trunk and hips.

1. Hamstring stretch: Place the heel of one leg on a stool about 15 inches high. Lean forward, bending at the hips until you feel a mild stretch in the back of your thigh. Make sure you do not roll your shoulders and bend at the waist when doing this or you will stretch your lower back instead. Hold the stretch 30 to 60 seconds. Do the same exercise with the other leg. Repeat 3 times.



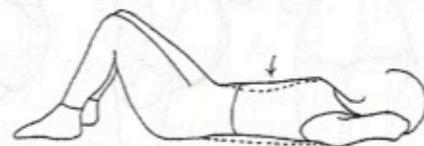
Hamstring stretch



Cat and camel

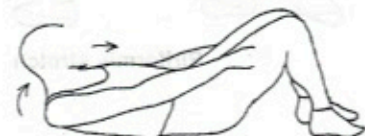
2. Cat and camel: Get down on your hands and knees. Let your stomach sag, allowing your back to curve downward. Hold this position for 5 seconds, then arch your back. Repeat 10 times. Do 2 sets.

3. Pelvic tilt: Lie on your back with your knees bent and your feet flat on the floor. Tighten your stomach muscles to flatten your lower back against the floor. Hold for 5 seconds, then relax. Repeat 10 times. Do 3 sets.



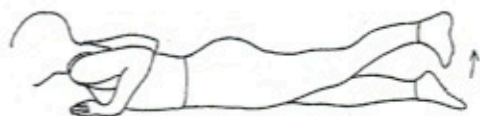
Pelvic tilt

4. Partial curl: Lie on your back with your knees bent and your feet flat on the floor. Tighten your stomach muscles and flatten your back against the floor. Tuck your chin to your chest. With your hands stretched out in front of you, curl your upper body forward until your shoulders clear the floor. Hold this position for 3 seconds. Don't hold your breath. It helps to breathe out as you lift your shoulders up. Relax. Repeat 10 times. Build to 3 sets of 10. To challenge yourself, clasp your hands behind your head and keep your elbows out to the side.



Partial curl

5. Prone hip extension: Lie on your stomach with your legs straight out behind you. Tighten your buttock muscles and lift your right leg off the floor, keeping your knee straight. Hold this position for 5 seconds. Then lower your leg and relax. Repeat the same with your left leg. Hold 5 seconds and then lower the leg and relax. Repeat 10 times on each side. Build up to 3 sets of 10.



Prone hip extension

6. Single knee to chest: Now do a pelvic tilt and pull one knee up to your chest. Hold for 5 seconds and return to the starting position. Alternate sides, and repeat it 10-20 times.



Single knee to chest

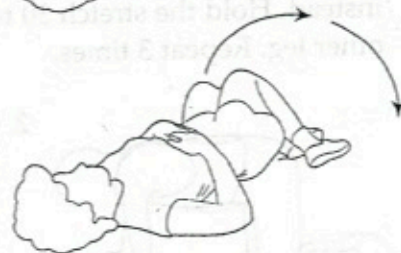
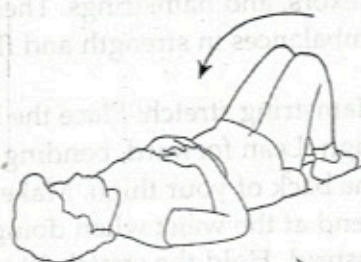
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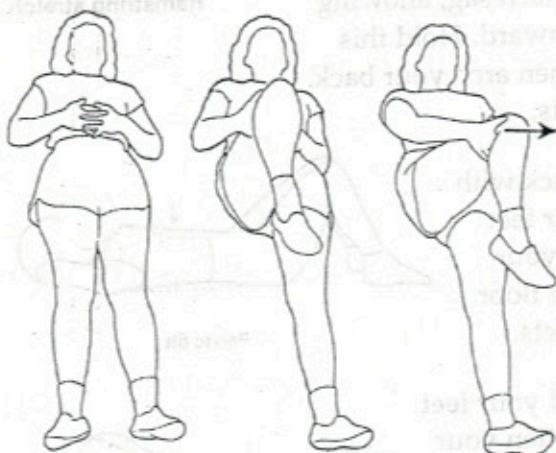
Double knee to chest

7. Double knee to chest: Again, do a pelvic tilt and now pull both knees up to your chest. Hold for 5 seconds and repeat it 10-20 times. You may need to lift one leg at a time until your stomach muscles get stronger.

8. Lower trunk rotation: Do a pelvic tilt. Keeping shoulders down flat, gently rotate the knees to one side, then the other, as far as you can. Repeat 10-20 times.



Lower trunk rotation



Piriformis stretch

9. Piriformis stretch: Lie on your back as shown. Pull one knee up and across your trunk so you feel a comfortable stretch in the top buttocks and back. Hold for 5-15 seconds and repeat 5-10 times on each side.

You can modify this exercise by reaching for your knee with the opposite hand and keeping your shoulders flat on the floor. Pull your knee over as far as you can allowing your trunk to rotate.



Prone hip extension



Single knee to chest

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