

OCATS



Bridgewater
Community Healthcare
NHS Foundation Trust

Musculoskeletal Physiotherapy OCATS

Health Services at Wolves

Low Back Mobility Exercises

Guidance

- You have been provided with these exercises to help improve your lower back pain symptoms.
- These Exercises are intended to assist with the mobility for your back through the rehabilitation process.
- These exercises are intended as a guide and prior to starting you should have had some instruction from your physiotherapist at OCATS.
- The sets and reps outlined in this leaflet are intended as a guide – you may wish to do less or more, but can progress these at your own pace.
- If you experience worsening symptoms while completing the exercises you may want to seek guidance from your physiotherapist.
- Progress at your own pace, as your pain/stiffness allow, under the supervision/guidance of your physiotherapist at OCATS.



Repeat for 1-2 mins
1) In the morning
2) As you can
throughout the day

Standing Lumbar Back Bends (Extensions)

Stand up straight with your hands on your hips to help support your back. Lean backwards as far as comfortable in a rocking motion.

In a continuous motion come forward back to the starting position. Do not hold the exercise in the outstretched position as this can put too much pressure on your joints and be painful.

Aim to do this at a relatively moderate pace (you are trying to get your joints / muscles moving). If you feel increased pain you have moved too far, a mild to moderate dull ache is normal.

Gradually the pain and range of movement should improve the more you do the exercise over the coming days / weeks.

Standing Lumbar Side Bends (Side Flexion)



Repeat for 1-2 mins

1) In the morning

2) As you can
throughout the day

Stand up straight with your shoulder blades squeezed together, let your hands rest on the side of your legs.

Bend sideways at the waist as far as comfortable and then go to the opposite side.

Try to do this without pausing in the middle.

Aim to do this at a relatively moderate pace (you are trying to get your joints / muscles moving).

If you feel increased pain you have gone too far, a mild to moderate dull ache is normal.

Gradually the pain and range of movement should improve the more you do the exercise over the coming days / weeks.

Knee Hugs

Lying on your back either on the floor or on your bed. Hug your right knee into your chest using your hands.

Hold this for approx. 20-30 seconds then relax and change legs. You should feel the stretch in your back and bottom muscles.

Keep your head on the floor whilst completing this exercise.

You can also perform this exercise hugging both knees to your chest at the same time.

Repeat 2-3 times each leg



Knee Rolls

Lying on your back either on the floor or on your bed, bring your feet together and bend your knee up.

Roll your knees from side to side; rotating your spine while keeping your upper body and shoulders flat on the floor. Do this exercise at a relatively moderate pace and try not to hold the exercise at the end of each movement (remember you are trying to get your joints / muscles moving).

To work different segments of your spine you can move the position of your feet either closer to your bottom or further away.



Repeat for 1-2 mins as comfortable

Level 1 Prone Lumbar Extension on Forearms

Lying face down leaning up onto your elbows / forearms. Arch the small of your back by pressing your pelvis and stomach into the floor. Raise your Shoulders upwards, keeping your forearms on the floor.

Hold approx. 30 secs.

To increase the stretch further take a deep breath in through your nose and out through your mouth.

On the breath out you should let your hips / pelvis sink into the floor whilst keeping your shoulders upright.

Hold another approx. 30 secs.



**Repeat this Cycle
3-4 times a day as comfortable**

Level 2 Prone Lumbar Extensions on Hands

Lying face down with your hands approx. shoulder width apart. Arch the small of your back by pressing your pelvis and stomach into the floor. Raise your shoulders upwards, keeping your hands on the floor.

Hold approx. 30 secs.

To increase the stretch further take a deep breath in through your nose and out through your mouth.

On the breath out you should let your hips/pelvis sink into the floor whilst keeping your shoulders upright.

Hold another approx. 30 secs.



**Repeat this Cycle
3-4 times a day as comfortable**

Prayer Stretch

On your hands and knees, sit back so your bottom is resting on your heels.

Reach your hands forward to lengthen your spine and feel a stretch in your middle back.

Hold for 10-30 seconds.



**Repeat little and often
throughout the day**

Pelvic Tilt in 4 Point Kneeling

Come onto your hands and knees in a 4 Point Kneeling position as shown in the picture.

Switch on, and tighten your deep core muscles before you start the movement whilst keeping a neutral spine position.

Whilst keeping these muscles engaged gently rock your pelvis forwards and backwards arching and extending your lower spine in the process.



**Repeat 10 times
Repeat several times through the day**

Lumbar Supine Traction Position

Lay flat on your back with a wheat bag or hot water bottle under your low back - ensure no direct contact with the skin; wrap the heat source in a towel/blanket.
Elevate your feet on a chair or sofa at a 90 degree angle. Do not stay on the wheat bag or hot water bottle for longer than 10 mins.

If you perform this exercise a few times a day make sure you leave at least a minimum of one hour between exercise sessions to allow your skin to completely cool down to normal temperature before re applying more heat.

If you have skin sensation problems then avoid this exercise.

5-10 mins
2-3 times per day

