

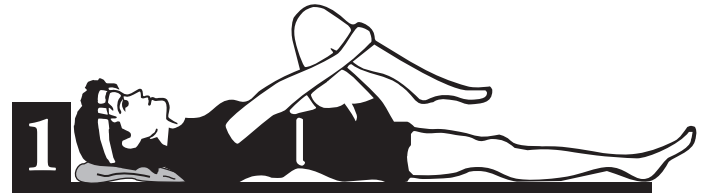
## Exercises for low back pain

# Exercises for Low Back Pain

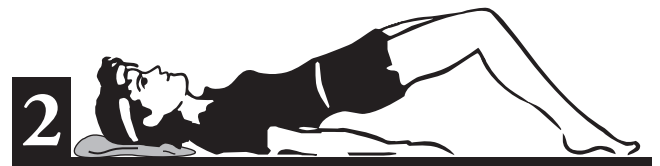
1. Wear comfortable, loose clothing.
2. Do the exercises on a hard surface covered with a thick mat or heavy blanket.
3. Always follow your doctor's instructions; do the exercises in the correct order, marked by your doctor.

*Begin the exercises using slow and careful movements. If you feel mild discomfort during the exercise, which may last a few minutes, do not be alarmed. The discomfort will disappear as your muscles become stronger. If you feel pain that is more than mild and lasts for more than 15-20 minutes, stop exercising and speak to your doctor.*

### Exercises for acute stage



Lie flat on the floor in relaxed position, bring right knee toward chest, clasp hands around the knee. Pull right knee toward chest firmly and, at the same time, straighten left leg. Hold 3 to 5 seconds. Do 5 times. Repeat 5 times or as recommended.



Lie on floor with knees bent, feet flat on floor, arms at sides, palms down. Tighten muscles of lower abdomen and buttocks so as to flatten the lower back and buttocks and hold 5 seconds. Relax. Do 5 times or as recommended.



Lie on back with knees bent, feet flat on floor, hands at sides with palms down. Tighten muscles of the abdomen and buttocks so as to push the lower back against the floor. Hold 3 to 5 seconds. Relax. Do 5 times or as recommended.

## Exercises for low back pain

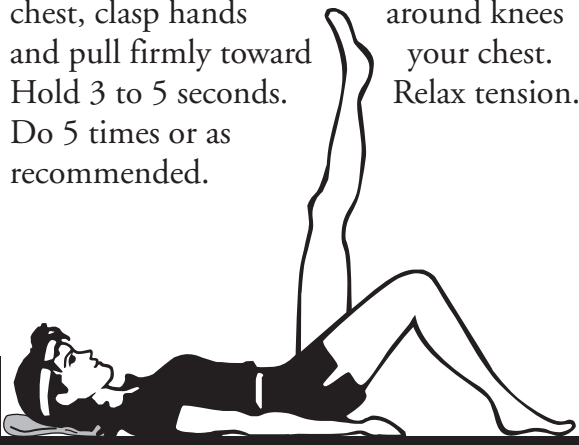
### Exercises for Sub-acute/recovery stage

4



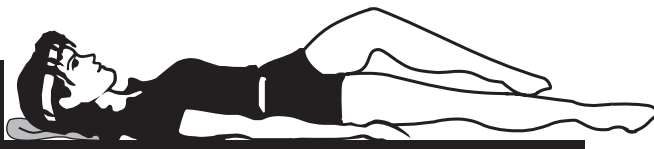
Lie on floor with knees bent, feet on the floor and arms at sides. Bring both knees to chest, clasp hands around knees and pull firmly toward your chest. Hold 3 to 5 seconds. Relax tension. Do 5 times or as recommended.

5



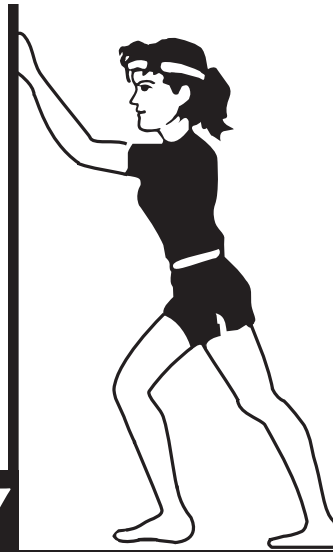
Lie on back, knees bent with feet flat on floor, arms at sides, palms down. Raise left leg as far as comfortable without overstretching muscles behind the leg. Return left leg to starting position and repeat 5 times. Repeat exercise with right leg. Do 5 times or as recommended.

6



Lie flat on back, arms at sides, palms down. Slowly raise left leg, bringing raised leg toward the opposite side of the body until you feel the stretch. Repeat with right leg. Do 5 times or as recommended.

7



Stand with hands against the wall, left leg approximately 18 inches behind right foot, keep heel flat on floor and left knee straight. Slowly bend forward until you feel the stretch behind the calf. Hold 3 to 5 seconds. Release tension and repeat 3 to 5 times. Repeat with the opposite leg.

8



Lie flat on floor, hands clasped behind neck, knees bent, feet flat on floor. Tighten buttocks and at the same time lift head and shoulders 2 to 4 inches off the floor, without pulling on neck. Hold 3 to 5 seconds. Repeat 5 times or as recommended.