Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Low Back Pain Exercises Level 2

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Low Back Pain Exercises Level 2

Patient Information

Musculoskeletal (MSK) Physiotherapy Services

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Disclaimer

Not all exercises are suitable for everyone, and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should partake in the exercises, then you should consult your General Practitioner (GP) or Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference; they are not exhaustive and can be modified and progressed under the supervision of your physiotherapist.

Instructions

- Aim to do the exercise plan 3 to 4 times per week, with at least 1 day off in between to allow for recovery.
- Each exercise is repeated a number of times (for example, 5 or 10 times) to build up strength and flexibility. The repetitions make a 'set'.
- The number of repetitions is a guide and can be increased or decreased according to pain levels. If the exercise causes pain that lasts for more than 2 hours after finishing, then decrease the repetitions.
- Complete each exercise slowly and in a controlled manner; you should take your time and not rush. Take 30 seconds rest in between each set.

Contact the Physio department if you find the exercises are making your pain worse overall.

Contact Information

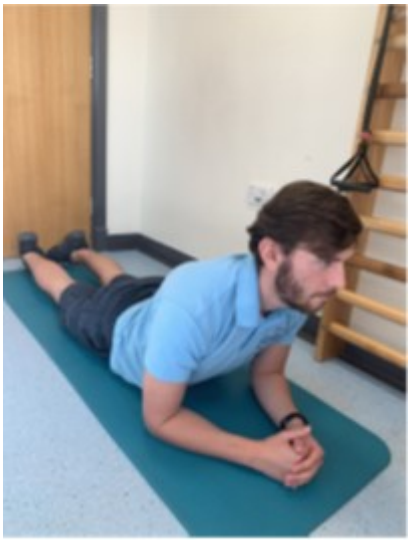
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Low Back Pain Level 2 - Exercises 1 to 10



1. Lumbar Extensions (on Forearms)

Lying face down, leaning on your elbows and forearms.

Press your pelvis and stomach into the floor to arch your lower back.

Then bend your upper back upwards, keeping your forearms on the floor. Raise your chest as high as you can.

Hold approximately 30 seconds.

Adaptations: Lumbar Extensions (on Forearms)

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

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

Hold again approximately 30 seconds.



1. Knee Rolls (Crucifix Stretch)

Lying on your back, arms stretched out and shoulders in contact with the ground.

One leg remains completely straight throughout the movement.

Stretch your other leg towards you opposite shoulder before returning it back to the middle.

Hold for 10 seconds.

Repeat 3 times to each side.





1. Glute Bridge (Double Leg up, Single Leg down)

Lying on your back; knees bent upwards and feet flat, shoulder width apart. Aim to get your feet as close to your buttocks as possible.

Contract/tighten your deep core muscles (pull your tummy button in); squeeze your buttock muscles together.

Lifting your buttocks off the floor; hold this bridge position as high as possible for 2 seconds.

Lift one leg off the ground while keeping your pelvis as level as possible, slowly lower down to the starting position then repeat.

Repeat 10 times on each leg.



1. Front Plank (Elbows) 30 second Hold

Lying on your front elbows directly underneath the shoulders; feet shoulder width apart in the Plank position.

From knees on the floor, raise up onto toes and forearms; keeping your body a few inches off the floor.

Ensure a straight line from your shoulders to your feet.

Contract and tighten your deep core muscles (pull your tummy button in) throughout this exercise, keeping a neutral spine.

Repeat 5 times.





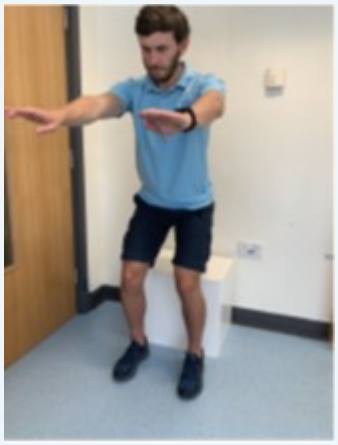
1. Cat and Camel (4 Point Kneeling)

On your hands and knees, keep a neutral spine position.

Raise up your back, arching as much as possible towards the ceiling. Tuck your head between your shoulders towards your chest as you do.

Next, return to a lowered position and arch your back in the opposite direction. Raising your head as you do the movement.

Repeat 10 times.



1. Sit - Stand: (Unsupported)

Standing in front of a chair, feet shoulder width apart and toes pointing slightly outwards.

Head up, back straight and contract/tighten deep core muscles (pull tummy button in).

Slowly squat down, sticking your bottom out and keeping your back straight.

Pause over the chair for 2-3 seconds then return to the starting position without locking your knees out (fully extending them).

Repeat 3 sets of 10 repetitions.





1. Bent Over Row: (Moderate Weight)

Staggered stance position (as shown); lean forwards onto the back of a chair or counter to support upper body.

Hold a moderate weighted object in the opposite hand. A water bottle is ideal, or a bag.

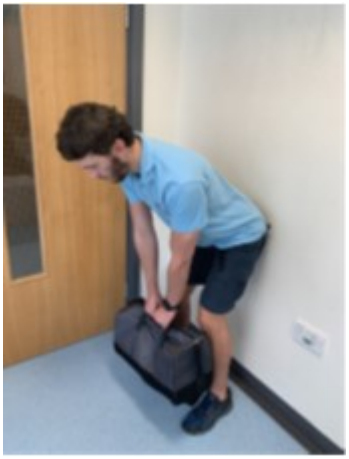
Arm begins straight, before leading with the shoulder blade to pull the weight up until your elbow is in line with your torso.

Make sure you squeeze the shoulder blades back, through the movement, feeling the muscles between your shoulder blades working.

Slowly lower the weight down towards the floor, straightening the arm. Then repeat.

Repeat 3 sets of 10 repetitions.





1. Romanian Deadlift / RDL (Small/Everyday Weight)

Stand upright, feet shoulder width apart and a slight bend in both knees.

Hold some form of light weight in your hands; this could be a bar, kettlebell or even just a bag with bottles of water in.

Slowly lower the weight, bending at the hips with back remaining straight.

Lower until you feel a slight stretch on the muscles at the back of the thigh.

Drive hips forwards to return to the upright position, squeezing your buttocks.

Make sure to stabilise through your core during the entire exercise.

Repeat 3 sets of 10 repetitions.



1. Standing Knee Raises (Unsupported)

Stand upright, hands placed above your hips and spine in a neutral (flat) position.

Contract/tighten your deep core muscles (pull your tummy button in) before you start the movement.

Lift your knee upwards to 90°, pause for 2 seconds at the top of the movement, and then slowly lower back down to starting position.

Keep deep core muscles contracted throughout the whole of the movement.

Repeat 3 sets of 10 repetitions.





1. Wood Chops (Small - Moderate Weight)

Start with a small weight (e.g. bag of sugar), before progressing onto moderately weighted objects.

Keep deep core muscles contracted (pull tummy button in) throughout the whole of the movement.

Elbows straight; the starting position is with chosen weighted object down by your side.

Bring the weight to the centre, then over head to the opposite side; then return to starting position.

Repeat 3 sets of 10 repetitions to both sides.



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