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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Non Specific Low Back Pain Exercises

Pain Management Services

Non Specific Low Back Pain Exercises

The following exercises are to help maintain a range of lower back movements. They will stretch out tight muscles and ligaments and reduce stiffness of the lower back joints. They may help to reduce your back pain if kept up on a regular basis.

You could choose to do all or some of these exercises, do what you feel able. Build these up to a few times a day, begin with once a day. Start the exercises by doing only 1-2 repetitions at a time and gradually increase repetitions up to 15. Find a level that is right for you.

Never force the movements or bounce the movement at the end of the range. Only do the **progressions** on each of the exercises if you have managed the first stage with no adverse effects.

If your back is particularly painful, some form of warmth (hot water bottle wrapped in a towel, wheat bag, heat pad etc.) or cold compress will help to relax tense muscles before exercising.

FURTHER INFORMATION

Issued by (Consultant):

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If you have any queries regarding this leaflet please phone our advice line on **01932 723998**.

Alternatively, contact the Pain Management Service, St. Peter's Hospital - telephone **01932 722 559 / 01932 722 579**

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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7.) Hamstring Stretch



- Place one foot forward while pressing your heel into the ground and toes towards your shin.
- Keep your back straight as you push your buttocks backwards.
- Place your hands on the thigh above the knee for support.
- Lower the torso until there is a slight pull in the back of the front thigh. Hold the stretch for 20 seconds.
- Repeat with the opposite leg.

8.) Pelvic tilting



- Sit on the chair with your thighs parallel to the ground, your feet flat on the floor and your back in a neutral position (slightly arched).
- Maintain steady abdominal breathing whilst you tilt your hips posteriorly by rounding your lower back and anteriorly by arching your lower back. Place your hands on the thigh above the knee for support.
- Alternated between these motions, working through all the available range of motion.

1.) Lumbar spine rotation stretch



- Lay on your back with your knees bent and your feet flat on the floor.
- Keep the back of both shoulders on the floor whilst you tip your knees towards the floor.
- The rotation takes place from your hips / pelvis and lower back.
- Hold this position for 20 seconds and then repeat on the other side or move your knees from side to side.

2.) Lumbar and hip flexion stretches



- Lie on your back with both knees bent.
- Lift one knee and pull it towards your chest.
- **Progression** – Lift one knee up first followed by the other, then pull both towards your chest using your hands. If pulling both knees together is uncomfortable do one leg at a time.

3.) Hip flexor stretch



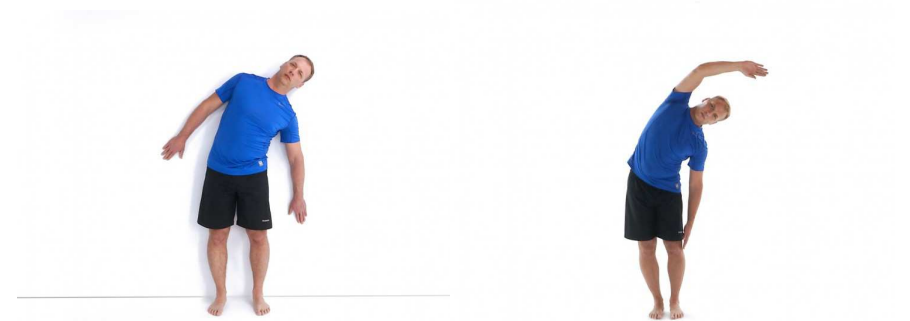
- Lie on your back. Lift one knee as close as you can towards your chest and hold. Push the other knee straight down so it is in contact with the floor. Hold for 20 seconds.
- Repeat his stretch on the other side.

4.) Cat stretch



- Start on all fours.
- Round your back by pushing down on your hands, and arching your back towards the ceiling, hold the position for up to 20 seconds.
- **Progression** - Without moving your hands, lower your buttocks onto your heels, and then move your hands forward.
- Hold the stretch for up to 20 seconds.

5.) Lateral flexion



- Stand up against a wall. Stand straight with your feet hip width apart and look directly ahead of you.
- With your back against the wall, bend sideways to one side reaching your hand down your thigh. Repeat to the other side.
- **Progression** - Lift one arm up above your head and slowly bend sideways while reaching down your thigh with the opposite hand, until you feel a stretch at the side of your trunk.
- Maintain the stretch without twisting or leaning forward. Slowly return to initial position.

6.) Lumbar extension stretch



- Lay on your front in first position shown.
- **Progression** - if this feels ok progress to supporting yourself on your elbows. Keep elbows wide initially and gradually bring elbows closer to your trunk to enable more of an extension stretch in your lower back.