

# EXERCISES FOR LOW BACK PAIN PHASE 2

Optimal strength in the core abdominal muscles is essential for a pain free back and good posture. Strength of the muscles supporting the lower back is also crucial in preventing and managing back pain. That is why so many exercises not only include the abdominals, but also the legs, glutes (buttocks) and hip muscles.

## YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen muscles around your lower back and core. It is important to ensure

the exercises are performed with good technique. Poor practice may place potential strain on your back. The following leaflet includes some exercises to help in your rehabilitation.

## PROGRESSION SPEED

Your therapist will advise you on the speed you should progress. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. If at any time, you feel pain or discomfort stop the exercises and consult your therapist.

### BILATERAL STRAIGHT LEG RAISE

Lie flat on your back, and lift both straight legs as far as feels comfortable. Hold this position, and relax. This exercise will stretch the hamstrings, although to get your legs to this position will also use the lower abdominal muscles. Do not worry if you cannot get your legs as high as shown.



SETS	REPS
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 **Video:**  
<http://youtu.be/BA8-M-AHxx>

### HIP ABDUCTION LYING

Lying on your side, flatten your lower back by gently tucking your stomach in. Lift your leg several inches in the air. You can either hold this position, or return your leg down and then repeat the exercise. Ask your therapist which they would prefer you to do. This exercise strengthens the pelvic, gluteal, and lower back areas.



SETS	REPS
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 **Video:**  
<http://youtu.be/m48WZUmcw5Y>

### SUPINE BRIDGE HARD

Lie flat on your back with your arms by your side, and with your knees bent. Squeeze your buttock muscles and lift your back upwards and straighten one leg. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your stomach towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.



SETS	REPS
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 **Video:**  
<http://youtu.be/x-b9yvFzLqk>

### LUMBAR FLEXION WITH ROTATION CONTROL

Lie flat on your back, and contract your deep abdominal muscles by drawing your stomach inwards. Bend your hips to 90 degrees, keep your knees together, and rotate the spine. Do not go too far, just a few inches, and keep the movement controlled. This exercise works the lower abdominal muscles, and core control.



SETS	REPS
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 **Video:**  
<http://youtu.be/ljraQMSIGio>

### HORSE-STANCE HORIZONTAL

Draw your stomach inwards (towards the ceiling). Straighten your arm in front of you, and your opposite leg behind you. Repeat each side. This is a great core stability and core control exercise to work the deep abdominal muscles. The exercise will also strengthen the lumbar erector and gluteal muscles.



SETS	REPS
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 **Video:**  
<http://youtu.be/BTaCXKy53wc>

### CLAM ADVANCED

Lie on your side, with both knees bent. Squeeze your deep abdominal muscles by drawing the belly button inwards. Keeping your feet together, lift the feet 3-4 inches above the floor. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles. It also works the abdominal core muscles.



SETS	REPS
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 **Video:**  
<http://youtu.be/cQroGjei4B8>

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