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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

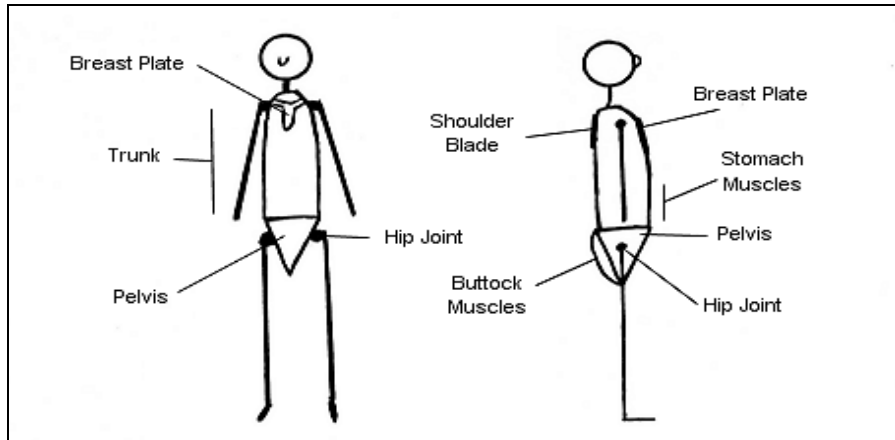
Patient Advice and Liaison Service (PALS)
01932 723553

Non Specific Low Back Pain Exercises

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA
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Telephone **01932 872000** Facsimile **01932 874757**
Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

YOUR MOVING PARTS



NOTES

- These basic exercises are designed to improve the flexibility, strength and control of the structures that make up your low back and pelvis. They can help to improve your fitness and may help to reduce low back pain if kept up on a regular basis.
- Do only those exercises that your consultant has advised you to do.
- With each exercise start small and build up gradually. Only do each exercise once on your first attempt.
- When standing and exercising practice maintaining an improved posture at all times. If necessary watch yourself in a tall mirror to monitor this. If as a result of these exercises you find that back pain tends to build up it suggests that you are doing too much. Try reducing how forcefully you exercise or how often until you find a level that is right for you.
- If pain symptoms build up in other areas (apart from your back) as a result of some exercises then cut back on or stop these exercises.

FURTHER INFORMATION

Issued by (Consultant):

If you have any queries regarding this leaflet please contact Pain Management Service, St. Peter's Hospital - telephone **01932 722 559 / 01932 722 579**

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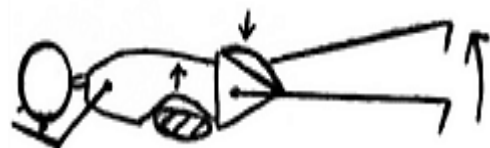
EXERCISES 3: STARTING POSITION

Lie face down with your legs straight (and a pillow under your belly so that your back is level)

Pelvis Stabiliser

1. Pull your stomach muscles in firmly and tense up both buttock muscles;
2. Keep all of these muscles tight *and your pelvis still* while you lift one leg up;
3. Hold for a few seconds, then lower.

Repeat the process with the other leg.



EXERCISES 1: STARTING POSITION

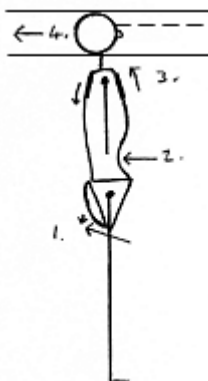
Stand (in flat shoes) with feet slightly apart and with even weight on each foot.

Posture Correction

Stages

Add these stages together and hold for a count of 10

1. Gently tense your buttocks together, and hold;
2. Pull your belly button in, and hold;
3. Raise your breast plate towards the ceiling so that your shoulder blades move down towards the floor, and hold;
4. Keep your eyes level and move your head backwards (so that you form a double chin), and hold.



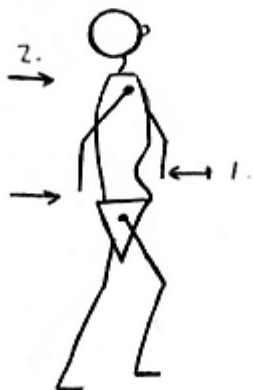
Back Arching

1. Place your hands on your pelvis.
2. Gently arch backwards without letting the pelvis swing forwards.
3. Hold for a few seconds, then straighten up.



Abdominal Control in Walking

1. Pull in your stomach muscles under the belly button, and hold;
2. Keep holding these muscles tense and walk for a few seconds, then release.



EXERCISES 2: STARTING POSITION

Lie on your back with bent knees and your feet slightly apart (on a firm surface with a soft covering).

Pelvic Tilting

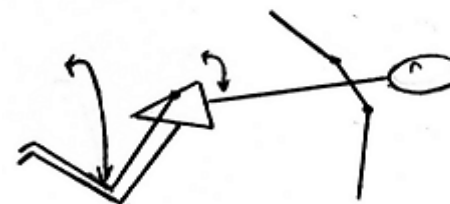
Pull in the stomach muscles under your belly button and tighten your buttock muscles so that your low back flattens out.

Hold for a few seconds.



Back Twisting

1. Bring your knees and feet together;
2. Rest your arms out to the side;
3. Keep your legs together and roll them from side to side (don't lift feet or shoulders off the bed / floor).



Start with small movements.
Don't increase them if your pain worsens.