

Low Back Pain Phase 1



Abdominal Hollow - Supine

Lying on back, knees bent with feet flat on the floor. Arms out 45 at sides with palms up. Suck stomach in, pulling bellybutton inward and slightly upward toward your head. Hold for 3 relaxed breaths. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



Pelvic Tilts

Sitting tall on gym ball, hands relaxed at sides. Perform a posterior pelvic tilt by tightening abdominals and tucking tailbone under, flattening the low back. Upper body should not move. Then roll pelvis anteriorly, increasing the low back arch. Upper body should not move, ball will roll slightly forward/backward. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



Rock - Quadruped

On hands and knees, slowly rock body weight backward over heels (buttocks do not touch heels), then shift weight forward until upper body weight is over hands. Keep spine level, maintain an abdominal hollow, and keep chin tucked. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:

Patient:

ID:

Issued By:

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Abdominal Hollow - Quadruped

On hands and knees, keeping back flat. Suck stomach up towards the spine without arching the back. Maintaining an even pressure through the hands and knees will help discourage spine movement. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



Spinal Flexion - Ball

Lying with abdomen supported by gym ball, forearms and toes resting on the floor. Slowly roll forward / back on the ball, allowing body to follow the shape of the ball. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Cat Arch

On hands and knees, let head relax down, pull stomach muscles up and arch spine to the ceiling like an angry cat. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Double Knee to Chest

Lying on back with feet up in the air, knees slightly bent. Hug both knees toward chest, maintaining an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Notes:

Side Lying Hip Flexors

Lying on side, bend top knee back and grasp the ankle with top hand. Bottom knee and hip can be slightly flexed. Top knee, hip and shoulder should be in line. Maintain a pelvic tilt, and squeeze the buttock to push top hip back further (do not pull with hand). Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain. TOP HIP SHOULD BE NEUTRAL

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	