

Exercise plan:  
**Back Pain Advanced**

Patient:  
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Date:  
**30th Apr 2020**



### Lumbar Rotation Opposite Twist

Bend your knees, and keeping your feet flat on the floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. With straight arms, rotate to the opposite side at the same time. This is a strong lower back stretch suitable for more athletic people.

**Hold for 5 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/P7FcRhBg2RQ>



### Back Extension Strong

Lie on your front, and rest on your forearms. Straighten your arms making your back very arched. Hold this position. Start gently with this exercise as it can cause some back stiffness when you first begin.

**Hold for 5 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/9ceFn3bH5Is>



### Cat Camel Stretch

Start in a neutral four point position on your hands and knees. Round your back from an arched position as you pull in your abdominal muscles. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable, unless your therapist guides you otherwise. After you have rounded your back, form an arch with your lower back. Repeat the movement to the required number of repetitions. This is a good exercise to stretch your back and reduce back pain.

**Hold for 5 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/Wq2AChekwwU>

## Toe Touch

Keeping your legs straight, run your hands down the front of your thighs and touch your toes (or go down as far as feels comfortable). Hold the stretch as required, and then come up. This will increase the mobility in your spine, and also stretch your Hamstrings.

**Hold for 5 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/dkblfX4DW0>



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## Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

**Hold for 5 | Repeat 15 times | Perform 3 times daily**

Video: [http://youtu.be/fK\\_xUE3OKIE](http://youtu.be/fK_xUE3OKIE)



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## Horse-Stance Horizontal

Position yourself on all fours, and keep good posture. Draw your tummy inwards (towards the ceiling). Straighten your arm in front of you, and your opposite leg behind you. Repeat each side. The exercise will also strengthen the lumbar erector and gluteal muscles.

Try to remain balanced throughout the exercises.

**Hold for 5 | Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/BTaCXKy53wc>



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## Sit-Up Crunch

Lie on your back with your knees bent, and perform a crunch by contracting your abdominal muscles and lifting your shoulder blades just off the floor. You can perform the exercise with your hands placed beside your head, or across your chest if you prefer. This exercise helps to strengthen the abdominal muscles.

**Repeat 15 times | Perform 3 times daily**

Video: <http://youtu.be/2HVgXuYWDDI>



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## Full Squat

Open your legs slightly wider than shoulder width, and bend your knees to move into a squat position. Your feet can be pointing directly forwards, or turned out slightly. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground. Move as far as is comfortable. ensure that your chest points forward throughout and that the majority of your weight remains in your heels and not the front of the foot

**Repeat 15 times | Perform 3 times daily**

Video: [http://youtu.be/d\\_xB-41ieqw](http://youtu.be/d_xB-41ieqw)