

Exercise plan:  
**Persistent back pain - EASY**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**09th Jan 2024**

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and speak to your Physiotherapist. If it seems to be one exercise in particular, stop that one and speak to your Physiotherapist if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.

### Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.



**Sets: 3 | Repetitions: 5 | Time: hold for 5 seconds | Days per week: 5-7 | Both sides**

Video: <http://youtu.be/lka-1VKjrew>

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### Pelvic Tilt | Pelvic Tuck Lying

Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.



**Sets: 3 | Repetitions: 10 | Days per week: 5-7**

Video: <http://youtu.be/44D6Xc2Fkek>

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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.

**Sets: 3 | Repetitions: 5-15 | Days per week: 5-7**

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

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## Lumbar and Thoracic Side Flexion Sitting



Sitting with good upright posture, run your arm down the side of the chair leg by side-bending your spine. Repeat to the other side. This is a good mobility exercise for the upper and lower back while sat down, if you feel your back is starting to get stiff.

**Sets: 3 | Repetitions: 5-10 | Days per week: 5-7 | Both sides**

Video: <http://youtu.be/Rze6cxjfpQQ>

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## Sitting Forward Hang



Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

**Sets: 3 | Repetitions: 5 | Time: relax there for up to 10 seconds | Days per week: 5-7**

Video: <http://youtu.be/GrWP8fLx0-g>

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