

Exercise plan:
Persistent back pain - MODERATE

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.

Supine Bridge Medium



Lie flat on your back with your arms across your chest, and with your knees bent. Squeeze your bottom muscles and lift your body upwards. 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/wFYhfbFYzZI>

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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.

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

Video: <https://youtu.be/c2kKOjzK14>

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Flexion Stretch with Rotation

Sitting crossed legged, round your back forwards and reach to the side. You will feel a stretch in your lower back, buttocks and side slightly. You can stretch to one or both sides.

Sets: 3 | Repetitions: 5 | Time: hold for up to 10 seconds | Days per week: 5-7 | Both sides

Video: <http://youtu.be/0UwDAKRmGfw>



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Sit to Stand - No Hands

Sit upright with good posture. Place your arms across your chest. Gently lean forwards and use as much leg and core strength as you can to push yourself up. If you get stuck, use one or both arms to assist. Once upright, stand up straight. When you feel comfortable, slowly sit back down, ideally with your arms across your chest. However, if you need some guidance then use your arms to assist the sitting. Try to keep a straight spine during the sitting rather than let your back round forwards too much. This exercise will strengthen your legs and core.

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

Video: https://youtu.be/2rVOvOU_vmE



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Box Step Front

Step onto a box or step, placing both feet on the step, and then step down using the same leg that you lead with.

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

Video: <http://youtu.be/EI739jbgUU>



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