

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

**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.



### Shoulder Bridge 2

Start position is shoulder bridge level one, with a neutral pelvis and the spine rolled away from the mat. Inhale to prepare, exhale to lift one leg into a table top position with your hip at 90-degrees and knee at 90-degrees. Avoid tilting your pelvis from side to side. Inhale as you replace your leg down, ready to repeat on your opposite leg. Exhale, as you roll your spine down vertebra by vertebra to finish.

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

Video: <http://youtu.be/r9rgEAB13yM>



### Supine Lumbar Twist Stretch

Lying flat on your back, cross one leg over the other by twisting your hips and spine. Keep your opposite arm outstretched. You can hold on to your knee to make the stretch stronger if you feel comfortable.

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

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

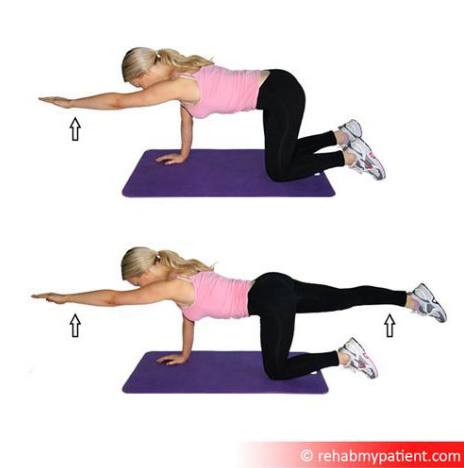


### Cat Cow - Viralāsana

Adopt the four-point kneeling start position. Position your hands slightly in front and wider than your shoulders, keeping your elbows soft. Maintain a neutral spine and your lower abdominal muscles and pelvic floor engaged at the correct level. Keep your head lifted in line with your spine. Inhale to prepare. Exhale as you tilt your tailbone down towards the floor, starting to lift your abdomen and ribcage and rolling your head down towards the floor to form a 'c' shape in your spine. Inhale to hold. Exhale as you reverse the 'c' curve tilting your tail bone upwards and lengthening the crown of your head away. Draw your shoulder blades down your back to keep your neck lengthened.

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

Video: <https://youtu.be/mTPCIIWOU9w>



### Bird Dog Quadruped 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. This is a great core stability and core control exercise to work the deep abdominal muscles. The exercise will also strengthen the lumbar erector and gluteal muscles.

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

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



### Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

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

Video: <https://youtu.be/Z20XNb0VdEk>



### Box Step Side

Step onto a box or step to your side, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box.

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

Video: [http://youtu.be/7QR\\_lew1f7Y](http://youtu.be/7QR_lew1f7Y)

