

Exercise plan:  
**New onset of back pain - EASY**

Patient:  
**CHCP WEBSITE EXERCISES**

Date:  
**01st Jun 2023**

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.

### 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: 2-3 | Repetitions: 5-10 | Perform daily days weekly**

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



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### Lumbar Rotation



Lie on a bed or floor. Bend your knees and keeping your feet flat on the bed or 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. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

**Sets: 2-3 | Repetitions: 5-10 | Perform daily days weekly | Both sides**

Video: <http://youtu.be/UxORTXzuU9E>



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## 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: 2-3 | Repetitions: 5 | Time: 5-10 seconds hold | Perform daily days weekly | Both sides**

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

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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: 2-3 | Repetitions: 5 | Time: 5 seconds hold | Perform daily days weekly**

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

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