

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

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.

Sitting Forward Hang



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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 second hold | Perform daily days weekly

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

Supine Bridge Basic



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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.

Do this exercises on your bed if you struggle to get on and off the floor.

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

Video: http://youtu.be/fK_xUE3OKIE

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.



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

Video: <http://youtu.be/Rze6cxfjpQQ>

Chair Rotation

Sitting in an upright position, rotate your upper body by moving your hand towards the opposite side of the chair back-rest. You can let the head follow, but progress by keeping the head straight forwards, thus making the rotation stronger. This is a great exercise to do while sitting for long periods of time if you feel your back is getting stiff.



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

Video: <http://youtu.be/BINhowQbyA8>