

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

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.



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: 2-3 | Repetitions: 10-15 | Perform daily days weekly

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



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

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

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: 2-3 | Repetitions: 8-12 | Perform daily days weekly

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

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

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

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

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