

Exercises for Back Pain

Breakspeare Clinic- Milton-Under-Wychwood
Breakspeare Clinic- Cheltenham
Breakspeare Clinic- Didcot

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Cat -Cow Exercise

Lower Back Flexion/Extension

On your hands and knees, hands under your shoulders and knees under your hips.

Maintaining neutral position in your upper and mid back, round and arch your lower back by tilting your pelvis.

Repeat 10 times.
Sets 1
Hold for 2 - 3 sec
Times/day 2 - times

Back Extension-Floor



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Lying face down with both your hands at shoulder height.

Straighten your elbows and push your upper trunk as far up as you can. Keep your pelvis and legs relaxed. Make sure the front of your pelvis remains in contact with the floor. Take 2-3 deep breaths in this position then lower yourself back to lie flat.

Repeat 6 - 10 times.

Daily 2 - 3 times
Sets 1 -
Hold for 2 - 3 sec



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Back Extension in Standing

Stand and place your palms above your buttocks on your lower back.

Open your chest, straighten your hips and bend your body backwards. Return to the starting position.

Repeat 8 - 10 times.

Daily 3 - 4 times

Sets 1 -

Hold for 2 - 3 sec each position.

Pelvic Tilts



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Lying on your back with knees bent.

Tighten your stomach muscles by pushing your back down and curving your bottom up - relax. Continue the exercise by pushing your bottom down and tightening your back muscles to arch your lumbar (lower) spine up - relax.

Repeat 6 - 10 times.

Sets 1

Hold for 2 sec

Times/day 2 - times

Bird -Dog Exercise



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Arm and Leg Lift

On your hands and knees.

Control the position of your back and lift one leg and opposite side arm. Return to the starting position and repeated with the other side.

Progression -Hold use wrist and leg/ankle weights to increase difficulty

Repeat 6 - 10 times.

Sets 1 - 2

Hold for 2 - 3 sec

Times/day 1 - 2 times

Weight 1 - 5

Bridge



Lie on your back with legs bent.

Squeeze your buttocks, roll your pelvis off the floor and straighten your hips. Hold and in a controlled manner return to the starting position.



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Repeat 8 - 12 times.

Sets 1 - 2

Hold for 2 - 3 sec

Times/day 2 - times

Dorsal Raise - Back strengthening exercise

Lying face down with your arms by your side.



Lift your upper trunk while looking at the floor.

Hold approx. 2 - 3 secs.

Repeat 6 - 10 times.

Sets 1 - 2

Daily 2 - times

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