



North West  
Boroughs Healthcare  
NHS Foundation Trust

# Low Back Pain

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Supporting our communities to **live life well**



## Try all of these exercises 2-3 times a day

### Exercise 1 Knee hugs

Lying on your back. Using your hands to help you gently pull your knees in towards your chest as far as comfortable. You should feel a comfortable stretch in your lower back and buttocks.

**Hold 10 secs. Repeat 5-10 times.**

If it is too uncomfortable to pull both knees up, try this one leg at a time.



### Exercise 2 Knee rolls

Lying on your back with your feet on the floor.

Slowly roll your knees from side to side whilst keeping your back on the floor.

**Repeat 10 times to each side.**



### Exercise 3

#### Standing side bend

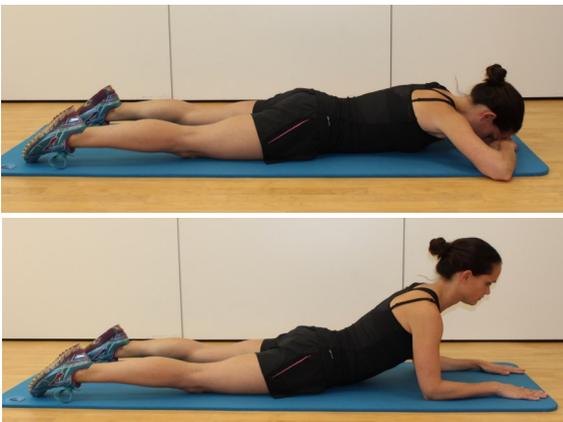


Stand straight with your feet shoulder-width apart. Slide your hand down the side of your leg until you feel a gentle stretch in the opposite side.

**Hold stretch 10 seconds. Repeat 5-10 times each side.**

### Exercise 4

#### Extension in lying



Lying on your front. Slowly lift your torso upwards and rest on your elbows. You should feel a gentle stretch in your lower back. **Rest in this position for up to 10 secs. Repeat 5-10 times.**

## Exercise 5

### Cat / camel



Picture A



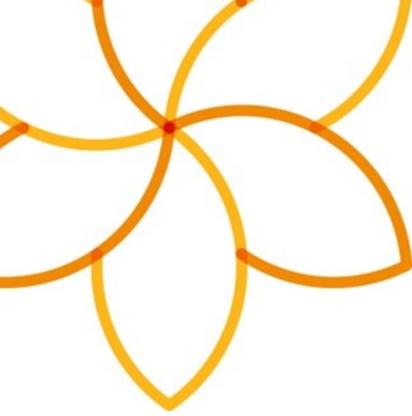
Picture B

Kneeling on all fours. Make sure that your wrists are directly under your shoulders and your knees are directly under your hips.

Slowly look downwards and bring your chin to your chest. Round your back so that you have a curve as in picture A.

Gently lift your head and look up to the ceiling. Slightly draw your shoulder blades together and push your chest forwards so that you create an arch in your lower back as in picture B.

**Repeat 10 times.**



Start by exercising gradually and build up over time. As with any physical activity it is normal to feel some discomfort or aching in your muscles after exercising but you should stop if you get any joint pain that does not go away quickly.

If you have any questions about exercising, ask your GP or physiotherapist