NEUROLOGY GROUP of BERGEN COUNTY

Exercise for low back pain

exercise for low back pain

Exercise is an important adjunct to your treatment. However, be sure to follow your doctor's instructions carefully. Do not overdo exercise, particularly when beginning. Start by trying the movements slowly and carefully. If the exercise causes some mild discomfort, which lasts a few minutes, do not be alarmed. This will disappear as your muscles become stronger. But, if pain is more than mild and continues for more than 15 to 20 minutes, discontinue exercising and speak to your doctor.

General Information

Wear comfortable, loose clothes. Do the exercises on a hard surface covered with a thin mat or heavy blanket. If it makes you more comfortable, you may put a small pillow under your neck. Always do the exercises in the order marked by your doctor. (Please note: Consult your doctor before doing these or any other exercises.)

Instructions:_____

_____

Doctor: _____ Date:_____

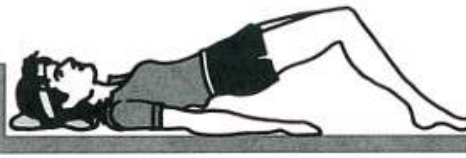
Exercises for acute stage

1



Lie flat on the floor in relaxed position, bring right knee toward chest, clasp hands around the knee. Pull right knee toward chest firmly and, at same time, straighten left leg. Hold 3 to 5 seconds. Do 5 times. Repeat with opposite leg. Repeat 5 times or as recommended.

2



Lie on floor with knees bent, feet flat on floor, arms at sides, palms down. Tighten muscles of lower abdomen and buttocks so as to flatten the lower back. Slowly raise lower back and buttocks and hold 5 seconds. Relax. Do 5 times or as recommended.

3

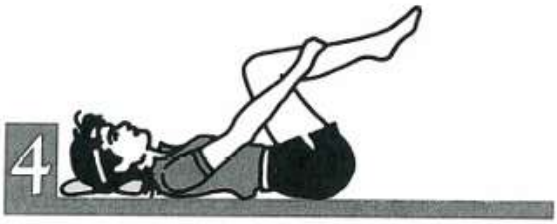


Lie on back with knees bent, feet flat on floor, hands at sides, palms down. Tighten muscles of the abdomen and buttocks so as to push the lower back flat against the floor. Hold 3 to 5 seconds. Relax. Do 5 times or as recommended.

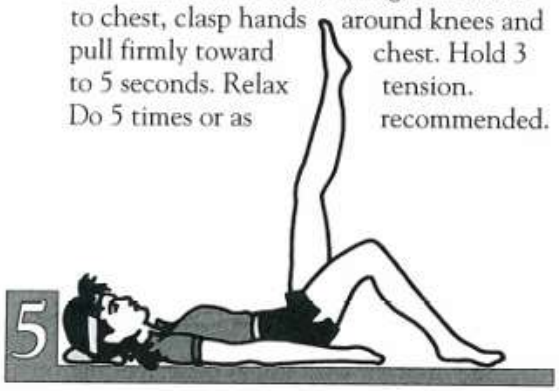
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Exercise for low back pain

Exercises for Sub-acute/recovery stage



Lie on floor with knees bent, feet on the floor and arms at sides. Bring both knees to chest, clasp hands around knees and pull firmly toward chest. Hold 3 to 5 seconds. Relax tension. Do 5 times or as recommended.



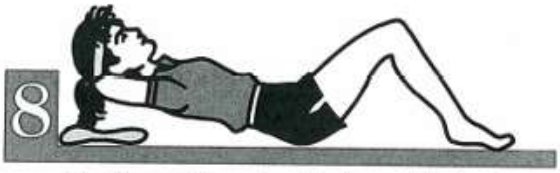
Lie on back, knees bent with feet flat on floor, arms at sides, palms down. Raise left leg up as far as comfortable without overstretching muscles behind the leg. Return left leg to starting position and repeat 5 times. Repeat exercise with right leg. Do 5 times or as recommended.



Lie flat on back, arms at sides, palms down. Slowly raise left leg, bringing raised leg toward the opposite side of the body until you feel the stretch. Repeat with right leg. Do 5 times or as recommended.



Stand with hands against wall, left leg approximately 18 inches behind right foot, keep heel flat on floor and left knee straight. Slowly bend forward until you feel the stretch behind the calf. Hold 3 to 5 seconds. Release tension and repeat 3 to 5 times. Repeat with opposite leg.



Lie flat on floor, hands clasped behind neck, knees bent, feet flat on floor. Tighten buttocks and at the same time lift head and shoulders 2 to 4 inches off floor, without pulling on neck. Hold 3 to 5 seconds. Repeat 5 times or as recommended.