

# GENERAL LOW BACK EXERCISES

To Accompany the Management of Low Back Pain

**GENERAL INFORMATION:** TO PERFORM EXERCISES START IN THE "BEGIN" POSITION AND VERY SLOWLY ASSUME THE "END" POSITION. HOLD FOR A COUNT OF TEN AND SLOWLY RETURN TO THE "BEGIN" POSITION. REPEAT FIVE TO TEN TIMES. DO UP TO THREE TIMES PER DAY. STOP IF THEY MAKE CONDITION WORSE!

**ACUTE  
BACK → DO NUMBERS 1-3 ONLY  
PAIN**

**DO NOT SIT! SIT TO USE BATHROOM ONLY  
ICE LOW BACK EVERY 2 HOURS FOR 20 MIN.  
STOP EXERCISES IF THEY EXACERBATE**

1.

"BEGIN" →→→→



→→→→ "END"  
SQUEEZE BUTTOCK



THIS MAY BE DONE ON THE SIDE IF TOO PAINFUL

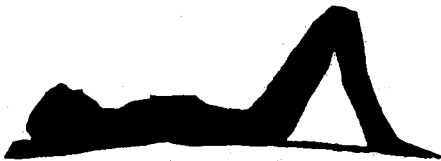
2.



DO EACH SIDE



3.



4.

"BEGIN"

MILD  
EXTENSION

MODERATE  
EXTENSION

ADVANCED  
EXTENSION



MOVE FROM "BEGIN" TO A  
TOLEARABLE EXTENSION  
POSITION. DISCONTINUE IF  
BACK OR LEG PAIN WORSENS

## REHABILITAION AND PREVENTION

**GENERAL INFORMATION:** TO PERFORM THE FOLLOWING EXERCISES START IN THE "BEGIN" POSITION AND VERY SLOWLY ASSUME THE "END" POSITION. HOLD FOR A COUNT OF TEN AND SLOWLY RETURN TO THE "BEGIN" POSITION. REPEAT TEN TO FIFTEEN TIMES. DO TWICE A DAY - AM & PM. PERFORM AS A WARM UP AND A COOL DOWN BEFORE ATHLETIC AND STRENUOUS HOME OR WORK ACTIVITIES. ASSUME THE MORE ADVANCED POSITIONS AS YOU ARE ABLE AND AS LONG AS THEY DON'T AGGRAVATE YOUR CONDITION. CONSULT YOUR CHIROPRACTOR WITH ANY QUESTIONS ABOUT ANY OF THE EXERCISES. ALWAYS EXERCISE IN A PAIN FREE MANNER!

5.



6.



7.



ADVANCED ONE



ADVANCED TWO



8.



9.



10.



11.



12.



ADVANCED ONE



ADVANCED TWO



13.

BE VERY CAREFUL!

ADVANCED ONE

ADVANCED TWO



14.

DO NOT ATTEMPT WITH KNEE DISORDERS. DISCONTINUE WITH KNEE PAIN.

