



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

LOW BACK

Home Exercises

Low Back Pain

Low back pain is extremely common; almost everybody will experience some sort of low back pain throughout their lives. Low back pain is often a result of injury to a muscle, ligament, bulging/ ruptured disk, or arthritis. Symptoms are primarily in the low back, but can spread into the lower extremities depending on severity and location of injury. Common causes include improper lifting form, poor posture, lack of exercise, and natural degeneration.

Exercise is a great way to relieve low back pain and restore motion. Strengthening the low back and core are also effective ways to decrease low back pain and prevent future occurrences. Below are some exercises that should help to relieve and manage your low back pain.

As with all exercises, some soreness is expected. The exercises attached are general guidelines and not meant to be an exhaustive list. Please use your best judgment when starting a home exercise program. If you experience increased pain that continues without any decrease in symptoms, please contact your MD or PT for guidance.

SINGLE KNEE TO CHEST STRETCH - SKTC

While lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 3 Times Hold 20 Seconds

Complete 1 Set Perform 2 Times a Day



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Repeat 2 Times Hold 30 Seconds

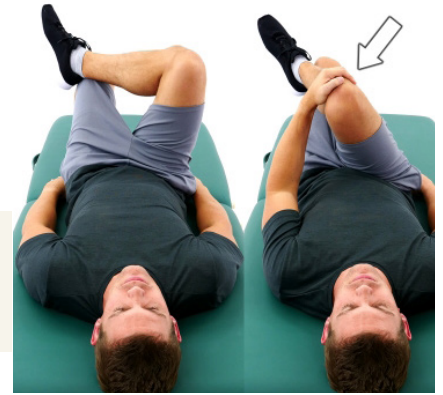
Complete 1 Set Perform 2 Times a Day



PIRIFORMIS STRETCH MODIFIED 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

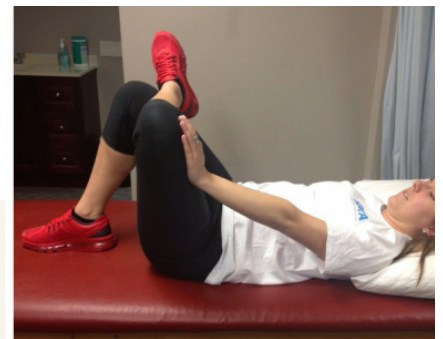
Repeat 3 Times **Hold 20 Seconds**
Complete 1 Set **Perform 2 Times a Day**



PIRIFORMIS STRETCH (Figure Four)

While lying down, bend up one knee keeping the foot on the mat or floor. Bend opposite leg and cross ankle over the bent knee. Gently push inside of crossed leg at knee. You should feel the stretch in the back of the buttock of crossed leg.

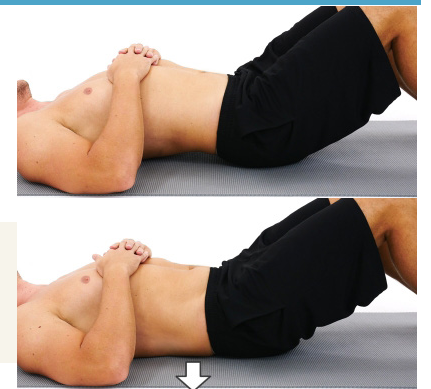
Repeat 3 Times **Hold 15 Seconds**
Complete 1 Set **Perform 2 Times a Day**



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 20 Times **Hold 5 Seconds**
Complete 1 Set **Perform 2 Times a Day**



LOWER TRUNK ROTATIONS - LTR - WIG WAGS

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Repeat 20 Times **Hold 1 Second**
Complete 1 Set **Perform 1 Times a Day**

