

Exercises for lower back pain

These can be carried out during rehab or as maintenance exercises.

Lower back stretch

Starting on all fours, gently move your hips back so the glutes are over the heels and the arms are outstretched in front of you. Hold for a few seconds, then return to all fours.



Cat Cow Stretch

Start on all fours, with a straight spine. Arch your back upwards drawing your belly towards your spine and hold for a few seconds (cat pose). Then slowly return spine through the neutral position dropping your belly towards the floor (cow pose). Don't extend your spine too much in cow pose if it's painful.



Bridge

Lie on your back with knees bent and your feet slightly apart. Lift your hips off the floor keeping shoulders on floor and hips and knees in a straight line. Hold for a few seconds then lower your hips to the floor. Be careful not to over-extend the back.



Bird Dog

Start on all fours, extend one leg and the opposite arm, keeping your spine neutral. Hold for a few seconds and then lower both leg and arm to the ground. Change arm and leg. Keep foot of extended leg on floor if it's too painful to raise.



Spine Stretch

Lie on back, knees bent, feet together. Roll the knees, then pelvis, to one side keeping shoulders on the floor. Return to starting position, then rolls knees to the opposite side. Move slowly throughout and only go as far as you can.

