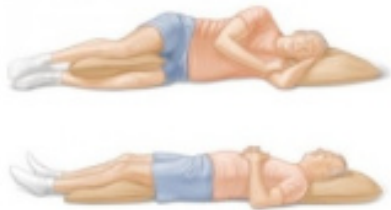


We recommend that you initially try to combine between 4 to 6 exercises from the exercise selection. You do not have to stick with the same exercises, you can try different combinations on other days.



Rest Positions 1

Using positions to rest can be helpful in your recovery. We call this 'constructive rest'. Changing position and resting in the daytime in between activity can be helpful. Choosing to lie supported for short periods on your front can be a constructive rest strategy. In the early stages of recovery, resting on your back with your elevated legs fully supported can be greatly relieving of pain.



Rest Positions 2

Using positions to rest can be helpful in your recovery. We call this 'constructive rest'. Changing position and resting in the daytime in between activity can be helpful. Lying on your side with a flat cushion between your knees can reduce tension on your back. If your back pain is on one particular side, many people prefer to lie on the opposite side for comfort. Similarly a pillow behind the knees if you rest on your back on a firm surface can be used to provide some pain relief.



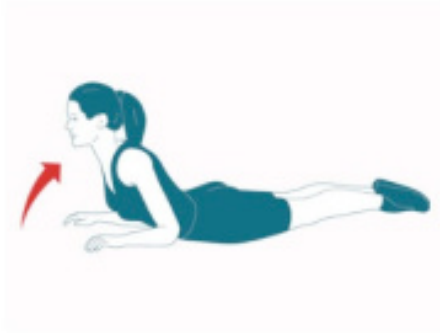
Pelvic tilting 1

Kneeling on 'all fours' It is important not to overwork yourself, do not hold your breath, and do not strain. Try to arch your back from this position, you might consciously apply tension in your buttock muscles to achieve this. Then relax your lower back and move it towards the hollow position into the starting position. Repeat again in a steady rhythm.



Pelvic tilting 2

You may wish to try and use a small rolled or folded, flattened towel in the small of your back whilst performing this exercise. Lying on your back on a firm surface, keeping your knees bent and your feet on the floor. It is important not to overwork yourself, do not hold your breath, and do not strain. Now try to flatten your back into the surface, you might consciously apply tension in your buttock muscles to achieve this. Then relax back into the starting position. Repeat again in a steady rhythm.



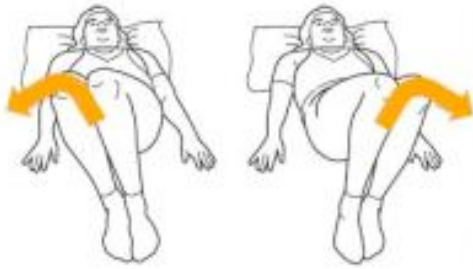
Prone on elbows

You may wish to use a small flat pillow underneath your tummy and hips as you do this exercise. Lie on your front on a firm surface and push up onto your forearms without raising your hips as shown in the diagram, do not strain, and then lower. Repeat this slowly and steadily without straining. You can also use the position shown in the diagram as a static stretch for up to 30 seconds to relieve back pain and stiffness.



Extension exercise

You may wish to use a small flat pillow underneath your tummy and hips as you do this exercise. Lie on your front on a firm surface, place your hands flat on the surface, just above the tips of your shoulders and push up to raise your upper body without straining. Try to raise up so that your elbows nearly straighten but do not raise your hips from the floor. Lower straight away, and repeat again so that you move up and down in a slow smooth rhythm.



Lumbar rotation

Lying on your back on a firm surface, keeping your knees bent and your feet on the floor. Keeping your legs together, lower your knees to one side as far as you can go without raising your back, and ensuring that this is comfortable to do. Return the legs back to the starting position and then repeat to the other side. Repeat this whole exercise slowly and smoothly to each side as in the diagram.



Flexion in lying

You may wish to try and use a small flat folded towel in the small of your back whilst performing this exercise. Raise one or both knees to your chest and then pull them further inwards without increasing your back pain using your hands. Then lower your legs, keeping your knees bent and let your feet touch the floor. Repeat again straight away slowly and smoothly.



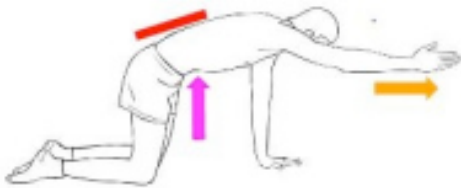
Neural mobilising

Lying relaxed on your back with some bend in your knees. Raise one leg halfway towards your chest and support behind the thigh with your hands. In a controlled and smooth manner, attempt to straighten your knee. When you feel either a stretch in your leg or back, (or any discomfort at all in your back), stop and then lower your leg by bending your knee. Repeat again, straight away, slowly and smoothly, to apply tension by straightening your knee once more. Perform this exercise on both legs.



Prone knee bend

You may wish to use a small flat pillow underneath your tummy and hips as you do this exercise. Lying flat and relaxed on your front. in a controlled and smooth manner, bend your knee and bring your foot towards your buttock. When you feel either a stretch tension in your leg or back, or any discomfort at all in your back, stop and then lower your foot to the start position. repeat again straight away slowly and smoothly. Perform this exercise on both legs.



Early muscle work

The key here is not to overwork yourself, do not hold your breath, and do not strain. Start supported on all fours, resting evenly on your hands and knees. Create some tension in your abdomen by gently drawing your tummy upwards to a more flat position. Slowly 'float' one hand off the floor and raise the hand upwards and in-front of you. Do not let your back sag or move during this exercise. Then lower your hand to the start position. Repeat again straight away slowly and smoothly with your other hand.



Walking

Try to keep active with general exercise. The upright activity of walking is recommended, but only as pain allows (be sensible!) If your walking is limited by back pain, then try to build up gradually, attempting to achieve a normal walking pace. Aim to sustain 2 walks a day for 5-10 minutes and then gradually build up your distance or time depending on how you are measuring your walking.



When you have back pain, paying attention to your posture can help your recovery. Once recovered, it's good practice to continue with these principles. A lumbar support when sitting, or arm supports if performing tasks whilst sitting. Also having workstation surfaces and monitors at the right height and using a foot rest may be helpful adjustments you could make. When standing, breaking up your standing posture with a low step is surprisingly effective.
