LOW BACK PAIN EXTENSION PATTERN STENOSIS

Created by Barnstaple Alliance Primary Care Network Mar 20th, 2025
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COMMENTS

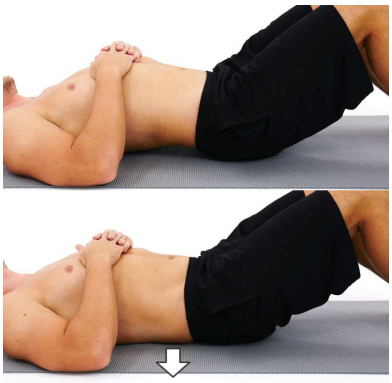
This rehab programme is to help you recover from lower back pain associated with being stood upright or arching backwards.
This type of presentation is usually due to irritation of the joints in your lumbar spine or possibly due to degenerative or arthritic change in the lumbar spine.

All the exercises provided, the repetitions, duration of hold and sets are a target to work towards. It is not expected that you will do these from the start. It is something to work towards as a goal over time.

Perform your exercises within your tolerance. Do not work into pain as this will exacerbate your symptoms. However, if you find symptoms are increased with exercises, be assured that pain does not mean you are causing yourself further harm or damage.

In conjunction with the exercises provided, it's recommended that you consider using a heat pack several times a day to help with pain relief. Whilst doing this, protect your skin, do not apply a heat source directly to bare skin and do not apply it to an area where you have reduced sensation. Apply it for about 15 minutes.

Use pain medication as directed by your healthcare professional. This will help moderate your pain and help you return to normal function quicker.



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.

Video # XVP5Z6Q5E

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat on the opposite side; this is one full repetition.

Video # XVDA52ZF6

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



LOWER TRUNK ROTATIONS - LTR - WIG WAGS - KNEE ROCKS

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.

Video # XVKET83TJ

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

You do not need to be on the floor to do this exercises. It is fine to do this on the bed.

Video # XVUGA2V7J

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



PELVIC TILT - SEATED

While in a seated position, flatten or round your lower back. Your pelvis should roll back during the movement with your bottom tucking underneath you. Move through a comfortable range of motion.

Video # XVWG2CTXD

Repeat	15 Times
Hold	1 Second
Complete	3 Sets
Perform	1 Times a Day



SEATED LOW BACK STRETCH - TRUNK FLEXION STRETCH

While sitting in a chair, begin by slowly bending forward and reaching your hands towards the floor. Bend your trunk and head forward and down. Hold, then return to starting position and repeat.

Video # XVPMN68AD

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day