Home Exercise Program

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

This programme is to help you recover from low back pain.

In the acute stages of lower back pain only perform the first three to four exercises.

Once your back pain eases somewhat lightly over the first week to two weeks, you can then progress to the remaining exercises.

If you are experiencing pain travelling down your leg, you can do the final exercise as well. But this should not be at the expense of increasing or making worse your leg symptoms.

In conjunction with these exercises, it is advisable to use regular heat packs. Protect your skin when doing this. Do not apply to bare skin. Avoid burns. Do not apply to areas of reduced sensation.

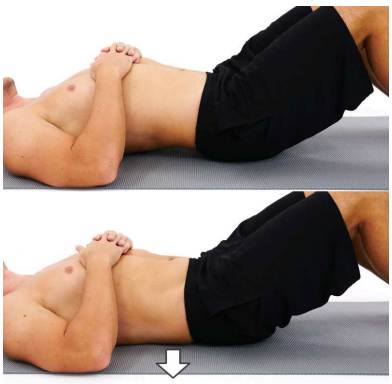
It is important to remember that the majority of back pain, about 80%, will resolve within a six-month period. The vast majority of back pain will settle within 12 weeks regardless of treatment and whether symptoms are located solely to the lower back or whether you also have radicular pain.

It is also important to note that you can experience further pain and discomfort with exercising. However, this should be done within a three to four out of 10 pain rating.

Moderate your exercises so you are working within this range and to your tolerance. However, be aware that the pain you may experience is not harmful and does not indicate you are creating or causing further damage.

It is also important to know that people who return to normal function sooner tend to have a quicker recovery.

Use pain medication as advised by your healthcare professional to moderate your pain so you are working within the above limits.



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 # XV99WW9AH

Repeat	15 Times
Hold	2 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; that is one full repetition.

Video # XV2XETDDN

Repeat	15 Times
Hold	2 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 # XVNAFAYMJ

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



PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows. Hold, lower back down and repeat.

Video # XV3BCXACV

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



CAT CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.

Video # XVQB4H5W8

Repeat	15 Times
Hold	2 Seconds
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.

Video # XV8Z5BKQC

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



STANDING SIDE BEND STRETCH

Start in a standing position. Next, bend your trunk to the side as you slide your hand down the side of your legs. Do not bend forward or back. Try and move your spine directly to the side. Hold for a gentle stretch then return to upright standing and repeat on the opposite side; that is one full repetition.

Video # XVPPHBAGD

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



LEAN FORWARD WITH HIP HINGE - HIP AND BACK DISASSOCIATION DRILL

When leaning forward, bend over at the waist, tighten your stomach muscles by drawing in your navel and keep your back straight while bending at your hips. This will protect your back from excessive loads.

Your buttock should lower behind your feet as if you are going to sit on a seat. Emphasize your weight going through your heels.

Also, for good knee alignment, do not let your knees pass in front of your toes and keep your knee in line with your 2nd toe (next to the big toe) as it bends.

Video # XV4GA4CF6

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



SCIATIC NERVE GLIDE - SEATED - 1

Start by sitting up straight in a chair or on the edge of a bed with your hands behind your back. Then, extend your knee and hold this position. Next, bend your ankle forward and back for the stated number of repetitions.

Video # XVXWZXAK7

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