

Hold for 5-10 seconds, relax.

Reps:

Sets:

### 5. Back extensions (in standing)



Stand with your feet shoulder width apart. Place your hands on your buttocks, keep your knees straight then lean back as far as is comfortable without causing yourself discomfort. Hold for one - two seconds, return to the start position and repeat ten times.

Reps:

Sets:

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## Exercises for acute low back pain

A patient's guide



.... caring for you 

### 1. Back extensions (in lying)



**A.** Lying on your stomach, gently lift your chest off the bed, resting on your elbows. Hold the position for 30 seconds.

Reps:

Sets:

**B.** Lying on your stomach, gently lift your chest off the bed, leaning on your elbows. Return to lying on your stomach. Repeat.

Reps:

Sets:

### 2. Knee rolls



**A.** Lying on your back, your legs bent at 90 degree, with your knees and feet together gently allow your legs to roll to one side. Go as far as is comfortable, return to the start position, then repeat the movement to the opposite side.

Reps:

Sets:

**B.** Lying on your back, your legs bent at 90 degrees, with your knees and feet together gently allow your legs to roll to one side, away from the painful side. Hold for at least 30 seconds.

Reps:

Sets:

### 3. Single knee hug



Make sure you are lying comfortably. Gently draw one of your legs towards your chest (You can use a towel placed around your knee to help you if you have trouble reaching). Hold for five - ten seconds, relax then repeat 10-15 times. Then repeat on the opposite leg.

Reps:

Sets:

### 4. Double knee hug



Lying comfortably, draw both legs towards your chest (again, a towel placed behind the legs can assist you).