

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 1-2 seconds, return to the start position and repeat 10 times.

Reps:

General exercise such as walking or gentle swimming can also help your back pain. Try to build up slowly how much activity your back can tolerate. Movement and exercise helps back pain.

Please see our back pain information leaflet for more details.

More information

For up to date service information please see our website. Further advice, self-management videos and information leaflets can be found on our website:

www.whittington.nhs.uk/msk

Useful links or resources for back pain:

The back book, NHS Executive, Royal College of General Practitioners (TSO 2002).

www.arthritisresearchuk.org/arthritis-information/conditions/back-pain.aspx

<https://www.nice.org.uk/guidance/conditions-and-diseases/.../low-back-pain>

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whithealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Exercises for acute lower back pain

A patient's guide



Back extensions



a) Lying on your stomach, rest on your elbows and gently lift your chest off the floor. Hold the position for 30 seconds.

Reps:

b) As above - lying on your stomach, rest on your elbows and gently lift your chest off the floor. Do not hold, return to lying on your stomach. Repeat.

Reps:

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:

b) As above - lying on your back, your legs bent at 90 degrees, with your knees and feet together gently allow your legs to roll to only one side, away from the painful side. Hold for at least 30 seconds.

Reps:

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 5-10 seconds, relax then and repeat on the other leg. Then repeat 10-15 times.

Reps:

Double knee hug



Lying comfortably, draw both legs towards your chest (a towel placed behind the legs can assist you). Hold for 5-10 seconds, relax.

Reps: