



Chiroactive Health Clinics

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Exercise plan:
Acute Low Back Pain

Patient:
test Patient Patient

Date:
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Cat Camel Stretch

Start in a neutral four point position on your hands and knees. Round your back from an arched position as you pull in your abdominal muscles. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable, unless your therapist guides you otherwise. After you have rounded your back, form an arch with your lower back. Repeat the movement to the required number of repetitions. This is a good exercise to stretch your back and reduce back pain.

Repeat 20 times

Video: <https://youtu.be/c2kKOjzK14>



Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.

Hold for 30 secs | Perform both sides

Video: <http://youtu.be/lka-1VKjrew>



Double Leg Back Stretch

Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.

Hold for 30 secs

Video: <http://youtu.be/ZEz80zvUv4>



Supine Lumbar Twist Stretch

Lying flat on your back, cross one leg over the other by twisting your hips and spine. Keep your opposite arm outstretched. You can hold on to your knee to make the stretch stronger if you feel comfortable.

Hold for 30 secs | Perform both sides

Video: <http://youtu.be/BzYBkAvdCJY>



Back Extension Gentle

Lie on your front, and rest on your forearms. Your back will be gently arched. Hold this position. Start gently with this exercise as it can cause some stiffness when you first begin.

Hold for 20 secs

Video: <http://youtu.be/2fR41RNk9eg>



Lumbar Rotation

Lie on a bed or a floor. Bend your knees, and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

Repeat 20 times | Perform both sides

Video: <http://youtu.be/UxORTXzuU9E>



Glute Stretch Sitting 3

Sit on the floor, and stretch one leg in front of you. Place your other knee towards your chest, with your leg crossing the straight one. Hold on to your bent leg, and twist to the same side creating a stretch to your gluteal (buttock) muscles.

Hold for 30 secs | Perform both sides

Video: https://youtu.be/Pjq54qOuE_A

Dear test Patient, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on info@chiroactive.co.uk. Good luck and keep with it!