

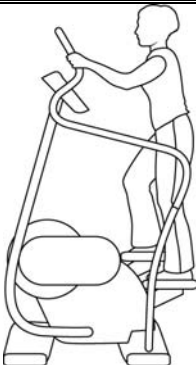



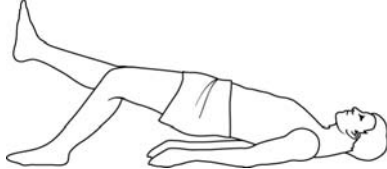
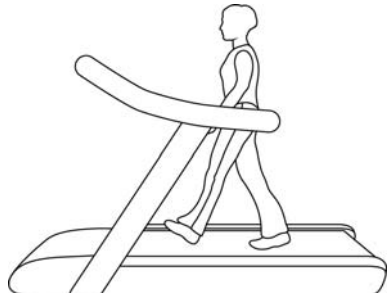
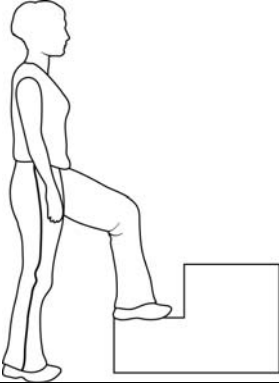
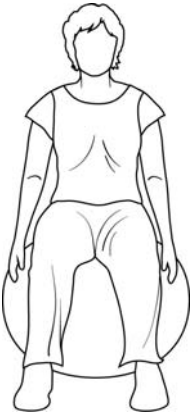
Back pain management programme

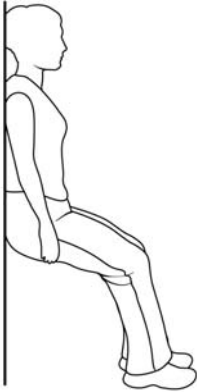

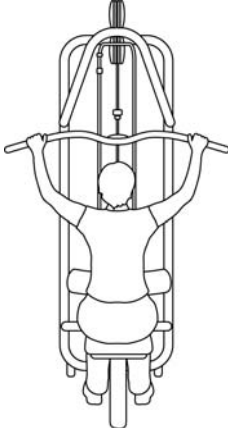

Back pain management circuit

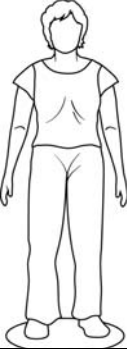


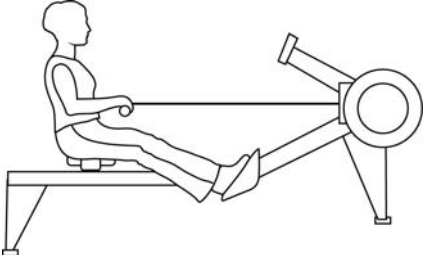
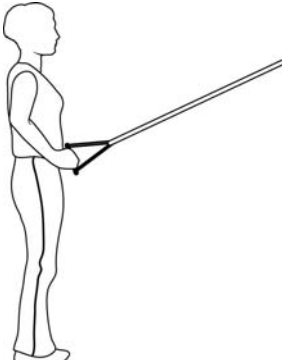
Name: _____

Week of programme: _____

Exercise		Week	Tues	Wed	Thurs	Aim
1a. Cycling no resistance		1				
		2				
		3				
1b. Cycling moderate resistance		1				
		2				
		3				
2. Cross trainer		1				
		2				
		3				
3. Stepper		1				
		2				
		3				

4a. Bridging both legs		1				
		2				
		3				
4b. Bridging one leg in extension		1				
		2				
		3				
5a. Treadmill light walking		1				
		2				
		3				
5b. Treadmill speed walking		1				
		2				
		3				
6a. Step ups reciprocal legs		1				
		2				
		3				
6b. Step up five reps per leg		1				
		2				
		3				
7. Stomach sitting on gym ball		1				
		2				
		3				

8. Quad exercises wall sit		1				
		2				
		3				
9. Quad exercises leg press		1				
		2				
		3				
10. Shoulder to waist pull		1				
		2				
		3				
11a. Lifting chair to waist		1				
		2				
		3				
11b. Lifting floor to waist		1				
		2				
		3				
12a. Practice balancing. Do not let		1				
		2				

the sides of the board touch the floor		3				
12b. Practice balancing. Throw and catch the ball		1				
		2				
		3				
13a. Stomach exercises lying down		1				
		2				
		3				
13b. Stomach exercises lying down moving leg		1				
		2				
		3				
14. Hamstring		1				
		2				
		3				
15. Rowing		1				
		2				
		3				
16. Theraband		1				
		2				
		3				