

# Back pain management programme

## Stability exercises

Body position is extremely important. Maintain a correct posture while exercising.

Take your time with your exercises. It is better to do a few exercises correctly than a lot incorrectly.

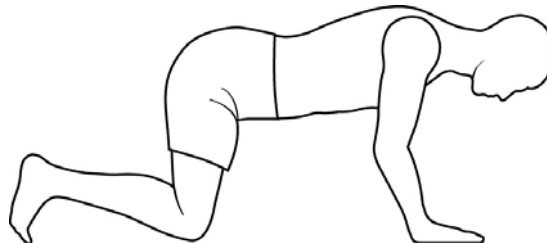
### 1. Standing or sitting in a good posture or lying down:

- a. Slowly and gently draw up your pelvic floor muscles as if you were stopping the flow of urine.
- b. Breathe normally

### 2. Positioned on your hands and knees, slightly hollow your back:

- a. Slowly and gently pull your lower stomach in.
- b. Breathe normally and keep your spine still.

When you can do this well, progress to adding gentle pressure on one hand and the opposite knee, whilst keeping your lower stomach gently tight. Do not shift your body weight.



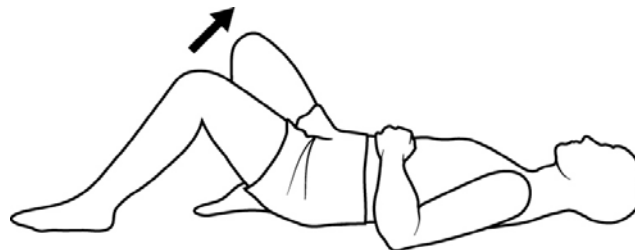
### 3. Lying on your back with your knees bent up:

- a. Find the bony part on the front of your pelvis.
- b. Move one inch in and feel the muscle under your fingers.
- c. Slowly and gently move your lower stomach in.
- d. Breathe normally.



**4. Tighten your muscles as you did in exercise number three:**

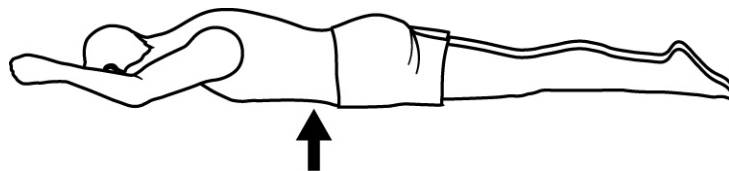
- a. Keeping these muscles gently tight, slowly drop one knee out to the side, and do not allow your pelvis to move.
- b. Then bring the leg back to the middle.



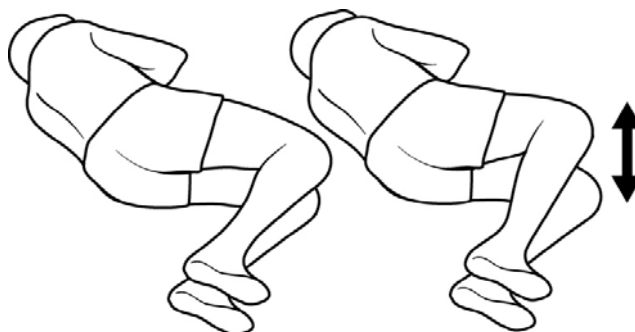
You can practice gently your lower stomach and pelvic floor muscles whilst doing everyday activities, such as walking, standing in a queue, washing up, talking on the telephone, waiting at traffic lights etc. It is particularly important to tighten these muscles when bending, stretching forward or lifting anything.

**5. Lie on your tummy.**

- a. Gently pull in your lower tummy muscles.
- b. Tighten your buttock muscles and lift your leg off the floor.

**6. Lie on your side with the spine in mid position.**

- a. Bend your hips to a forty five degrees and knees to ninety degrees.
- b. Keeping your heels together, lift the uppermost knee by turning out at the hip.
- c. Make sure you keep the back in mid line and do not let the pelvis roll backwards.



**7. Start position: Lie on your back with both legs bent and the feet together.**

- a. Initiate lower lateral abdominal wall hollowing with activation of the transverse abdominals and sustain this contraction.
- b. Bring the opposite knee and hand together and push against each other with light resistance. Do not allow any give of the pelvis. Hold and sustain a consistent contraction with minimal effort.

**8. Bridging with one leg out.**

- a. Slowly lift your bottom off the floor, with one leg held out straight.

