

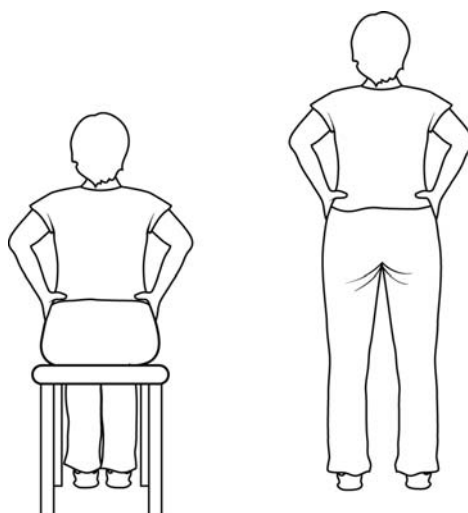
Back pain management programme

Deep back muscle exercises: multifidus

There is a deep back muscle that plays an important part in keeping the spine stable. It sits either side of the bony points along your spine and attaches directly to the spine. It runs the whole length of the spine and helps support the pelvis. We know that in patients with back pain, this muscle does not work as well as it should and as a result the spine may be vulnerable to injury.

- These exercises will help to retain the muscle. It is important to do them regularly.
- Body position is extremely important. Maintain correct posture while exercising.
- Take your time with the exercises. It is better to do a few exercises correctly than a lot incorrectly.
- If you are not sure about any exercises or you feel pain, consult your physiotherapist.

Sitting in a good posture, place your fingers either side of your spine at the bottom. Slowly and gently draw in your lower stomach or tighten your pelvic floor and at the same time swell out the muscle underneath your fingers. Think of pushing or pressing the muscle into your fingers.



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