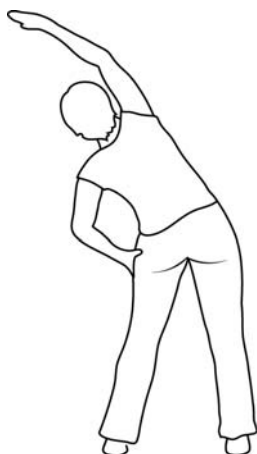


## Back pain management programme

### Spinal movement



Stand straight with one hand on your hip and the other straight up.

Bend to the side with your opposite arm reaching over your head. Keep your pelvis in mid position.

Repeat \_\_\_\_\_ times.



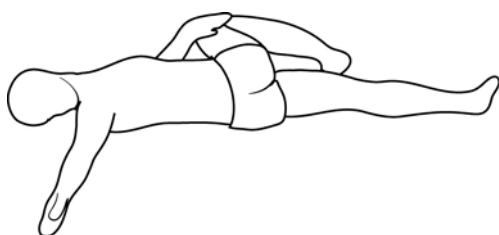
Lie face down, leaning on your elbows/forearms.

Arch the small of your back by pressing your pelvis and stomach to the floor. Now bend your upper back upwards, keeping your forearms on the floor.



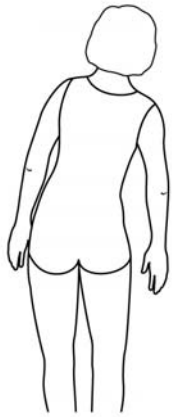
Lie on your back with your knees bent and your feet on the floor.

Lift your pelvis and lower back (gradually vertebra by vertebra) off the floor. Hold the position. Lower down slowly, returning to the starting position.



Lie on your back with one leg bent.

Bring your bent knee over the other leg and push your knee against the floor with the opposite hand. Then reach with the other arm to the opposite side looking in the direction of the hand.

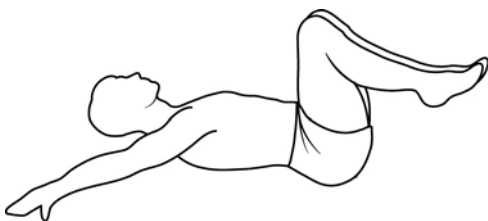


Whilst standing, bend sideways at the waist. Repeat \_\_\_\_\_ times.



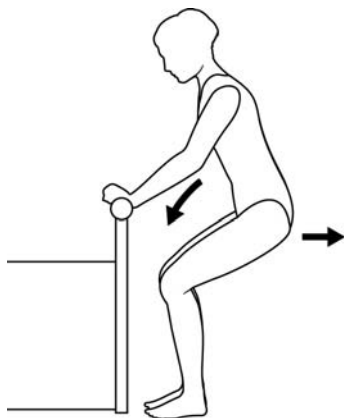
Stand straight with your feet apart.

Support your back with your hands whilst bending your back as far backwards as possible. Keep your knees straight during the exercise.



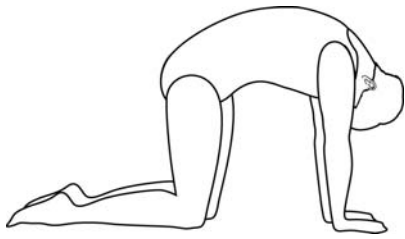
Lie on your back with your arms in a T-position and knees bent towards the ceiling.

Slowly roll both your legs from side to side without touching the floor.



Stand with your legs hip width apart and hold on to a support.

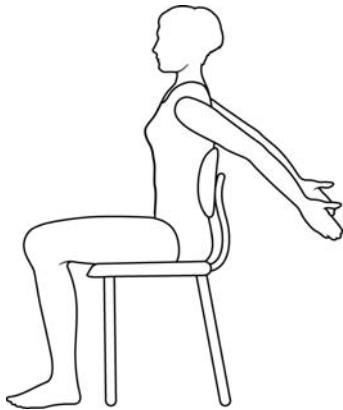
Practice curving your lower spine by bending your knees, whilst pushing your bottom backwards and your upper trunk forwards.



Get in the crawling position.

Arch your spine upwards while letting your head relax between your arms.

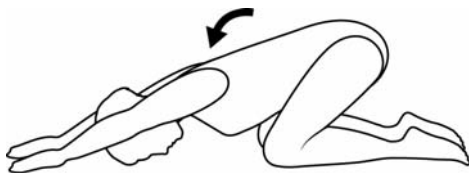
Repeat \_\_\_\_\_ times.



Sit with your back straight and feet firmly on the floor.

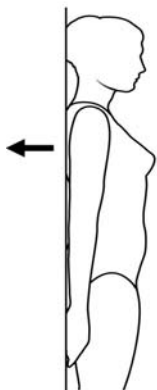
Pull your shoulder blades together while turning your thumbs and hands outwards.

Repeat \_\_\_\_\_ times.



Get in the crawling position.

Let your arms slide along the floor as far as possible. Push your bottom back and down and the chest towards the floor. Breathe out while doing the exercise.



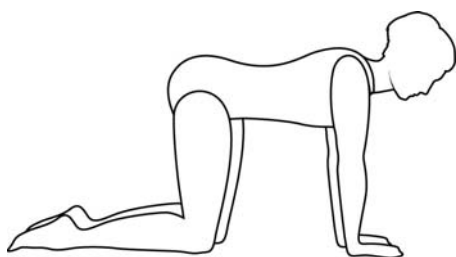
Stand with your back against the wall.

Repeat \_\_\_\_\_ times.



Sit sideways on a chair with a cushion between your side and the back of the chair. Put your hands behind your neck (or cross them on your chest).

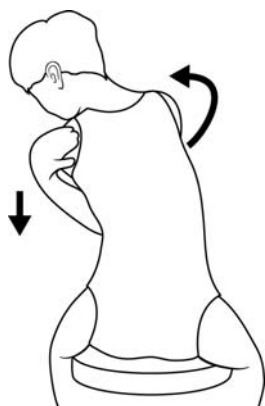
Bend to the side.



Get in the crawling position.

Hollow your back. Keep your neck long and elbows straight.

Repeat \_\_\_\_\_ times.



Sit on a chair and cross your arms over your chest, clasping the opposite shoulder.

Bend your upper trunk forward, while at the same time rotating and side-bending to the same side. Let your eyes follow the movement.



Sit on a chair with your legs apart.

Bend your head and trunk down between your knees, rounding your upper body as much as possible. Hold for approximately 20 seconds.