



ABN: 88 208 023 194

Phone: (02) 6363 1031

Fax: (02) 6369 0306

Postal address: PO Box 476, Orange NSW 2800

Street address: 1/66 McNamara street, ORANGE NSW 2800

Email: Carmel@orangephysiotherapy.com

Web: www.orangephysiotherapy.com

Acute Lower Back Pain Exercises

Non-Specific Lower Back Pain

Lower Back pain is an extremely common injury, in Australia 8 in 10 people will experience over their lifetime.

In most cases this pain is called non-specific back pain, meaning it does not come from a very specific serious injury or disease (e.g. cancer, radiculopathy). In 9 out of 10 in these cases your pain will resolve/be mostly relieved within 6 weeks.

In cases where your back pain is more serious it is important to seek medical help, your GP and physiotherapist may be able to aid in recovery or appropriate referrals to resolve this pain.



The most important thing to do to aid in recovery of your back in this time is to **KEEP ACTIVE**. Do as many things as you can and don't spend long periods of time lying still or sitting.

The following exercises and stretches can be helpful in relieving pain initially with acute lower back pain, if you find that you need more advice in pain relief there are many more stretches and strengthening exercises that can be tailored to your specific case by our physiotherapists.

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Acute Lower Back Pain Exercises

Flexion Based Exercises

These exercises are tailored to people that find bending forward relieves their pain and leaning backwards is painful. They aid in reducing pain and activating muscles that support your back. It is important that you stop immediately if you experience any pain.

<p>Knees to Chest Lying on back</p> <ul style="list-style-type: none">- Hug Both knees up to your chest- Hold for 30 seconds <u>OR</u> gently bring knees back and forth / side to side to ease pain		
<p>Gluteal Maximus Stretch Lying on back</p> <ul style="list-style-type: none">- 1 leg out straight on bed- Hug other leg up towards your chest and hold to stretch 30 seconds		
<p>Lying on back</p> <ul style="list-style-type: none">- Pull leg up and across body- Hold for 30 seconds		
<p>Lying on Back</p> <ul style="list-style-type: none">- Place one foot on knee and pull towards chest- Hold stretch for 30 seconds		





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Acute Lower Back Pain Exercises

Extension Based Exercises

These exercises are tailored to people that find leaning back relieves their pain, and bending is painful. They aid in reducing pain and activating muscles that support your back. It is important that you stop immediately if you experience any pain.

<p>Repetitive Back extensions (standing) Standing at Wall</p> <ul style="list-style-type: none"> - Hips almost touching wall - Gently push shoulders back and then return to wall, repeat 10 x to relieve pain 	
<p>Repetitive Back extensions (Lying) Lying on stomach</p> <ul style="list-style-type: none"> - Use arms to lift shoulders off bed and then lower to rest - Repeat 10 x to relieve pain 	

If your pain is not relieved by these exercises, there are many more variations of treatment that can be tailored specifically to you by our experienced physiotherapists. Furthermore, a graduated strength exercise program is recommended before returning to work, sport or hobbies.

**** This Form is GENERIC ONLY and does not replace medical assessment and individualised treatment. It is a guide only and will not be appropriate for all types of ankle/ foot injuries. STOP IMMEDIATELY if this increases your pain, and seek appropriate medical advice ******

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