

## WHAT ARE SOME OF THE THE BEST PHYSIO EXERCISES FOR LOWER BACK PAIN?

Have a hard time moving around because of back pain? Does your back hurt when you're walking, sleeping, or sitting down? If so, you're not alone. One in six Australians is struggling with back pain. Their symptoms vary from mild to severe.

Besides pain, they often experience tension or stiffness in the back. If lower back pain puts you into much discomfort, you know it's not a fun time to do just anything. But you can do something to ease your pain, including tension, stiffness, and soreness – by doing a series of exercises. Exercising regularly helps restore strength of your back and also helps you gradually return to your everyday activities.

Physiotherapy has emerged as a safe, effective way to relieve back pain and discomfort. A skilled therapist can recommend exercises that will strengthen your muscles and increase mobility.



# HINDMARSH AND FITZROY PHYSIOTHERAPY

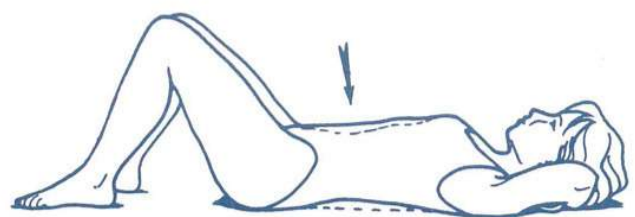
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You should also seek advice from your Physiotherapist prior to starting any exercises as different back conditions respond to different exercise programs

## HERE WE SHOW YOU 8 PHYSIO-RECOMMENDED LOWER BACK PAIN EXERCISES

### CHILDS POSE

The child's pose is widely used in yoga and physiotherapy for its ability to lengthen the spine. It also stretches the back muscles and improves flexibility. Kneel on your fours, then take your bottom backwards slowly, maintaining the natural curve of your spine until buttocks are resting on your heels. Push your hands forward on the floor and stretch your back. Maintain the pose for up to 30 seconds. Hold your stretch as you take deep breaths. Repeat 2-3 times.



### PELVIC TILT

This exercise mobilises your low lumbar spine and helps activate your abdominal muscles.

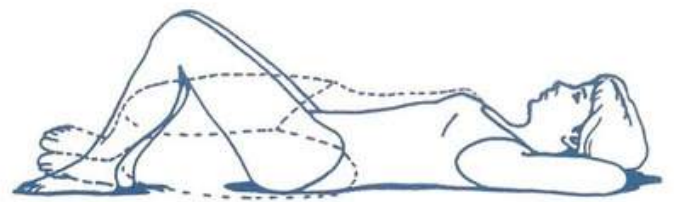
Lie on your back with your knees bent. Bend your pelvis slightly and tighten your core muscles as you pull in your belly button. Maintain the contraction for at least six seconds while taking deep breaths - breathing smoothly. You should feel like your back is pressing to the floor and your hips and pelvis are rocking back. Repeat 8-12 times.

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## CHEST TO KNEE STRETCH

- This move helps stretch your low back muscles and hamstrings, leading to an increased range of motion.
- Simply lie on your back with the knees bent. Place your right hand on the right leg and pull it gently toward your chest. Hold for five seconds. Switch legs and repeat. This exercise can be also done with both legs up towards the chest.



## KNEE ROLLS

This exercise helps with pelvic control and flexibility.

Lie down on the mat with your knees bent up and your feet flat on the mat. Roll your knees to the left, stretching diagonally across your trunk then roll your knees to the right and back to the middle again. Always keep your shoulders in contact with the mat. Repeat 3-5 times each side.

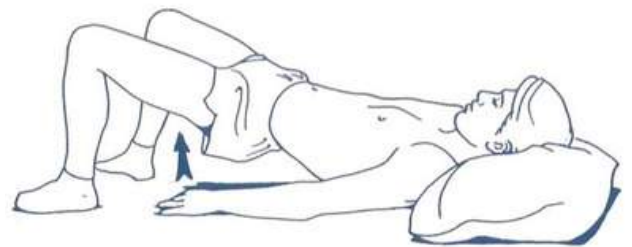
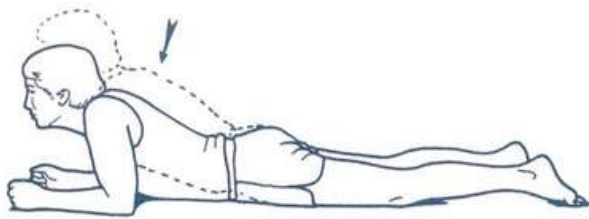
## BACK EXTENSIONS

This basic exercise stretches and mobilises the spine into extension.

Lie on your stomach. Slowly raise your torso and prop yourself on the elbows and forearms lengthening your spine. Keep your shoulders back and neck long. Avoid bending your neck backwards. Push down with your hand to gently arch your back. Look straight ahead. You should feel a gentle stretch in your abdomen while arching backwards. Inhale and hold for 5-10 seconds. Return to starting position. Repeat 8-10

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## THE BRIDGE

- Don't arch your back. If your back pain is eased by lying down or standing, incorporate the bridge into your routine.
- This exercise strengthens the lower back muscles and gluteal muscles.
- Lie on your back with your knees bent at 90 degrees. Squeeze your core muscles and buttocks while gently lifting your hips off the ground. Your body knees, hips, and shoulders should form a straight line. Maintain a neutral spine.
- Hold the pose for at least six seconds. Slowly return to the starting position and repeat 3-5 times.

## PIRIFORMIS STRETCH

This is one of the piriformis or buttock stretches and works best when your back pain is eased by sitting down. This basic movement stretches your back and leg muscles, leading to greater flexibility.

Sitting with one leg straight cross your right leg over your left so that your right ankle rests outside the left knee. Gently pull the right knee toward the right shoulder using your left elbow. If you do it right, you should feel the stretch in your hips and glutes.

Maintain the position for at least 15 seconds. Switch sides and repeat up 2-3 times with each leg.

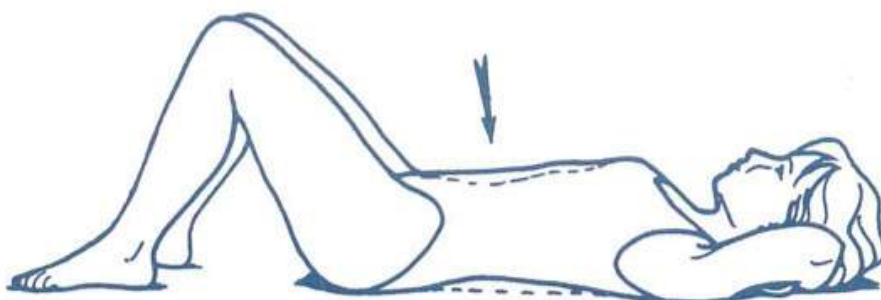
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## DEEP ABDOMINAL STRENGTHENING

- This exercise strengthens the deep supporting muscles around the spine.
- Lie on your back. Use a small, flat cushion under your head. Bend your knees. Keep your feet straight and hip-width apart. Relax your upper body and your chin gently tucked in. Similar to the pelvic tilt exercise.
- Gently draw up the muscles of your pelvis and lower abdominals (Think doing up an imaginary zip along your stomach). Hold the contraction as you breathe from your abdomen for 5-10 breaths. Relax. Repeat 5 -10 times





## PHYSIOTHERAPY FOR BACK PAIN



These are just a few of the many physio exercises for lower back pain. Keep your routine varied and adjust it according to your needs. If you feel any pain from these exercises, stop immediately. If you are unsure how to do these exercises, talk to one of our popular physiotherapists. They can teach you exercises that stretch and strengthen the back muscles while increasing your range of motion.

Most exercise plans require no equipment and can be done at home. The key is to be consistent, maintain good form, and stick to your treatment plan. Your symptoms should improve consistently over a number of weeks.

Physiotherapy has emerged as a safe, effective way to relieve back pain and discomfort. A skilled therapist can recommend exercises that will strengthen your muscles and increase mobility. Your treatment plan can also include hip flexor stretches, lumbar rotations, back bends, side bends, lunges, and back stretches. Avoid heavy weights and exercises that put stress on your spine, such as barbell squats, sit-ups, and shoulder presses until your Physiotherapist has progressed your treatment plan under supervision.

Depending on your needs, a physiotherapist can also prescribe manual therapy, massage, or other preventive measures combined with education and advice.

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## IN SUMMARY

- Back pain is common but most cases aren't caused by a serious problem.
- Most cases of back pain get better on their own within a few weeks.
- Stay active. Bed rest for more than a couple of days makes it harder to get going. Gradually increase your normal activities and do regular exercise.
- Take painkillers if needed so you can stay active.
- If the pain is severe or not improving after a week or so, contact your health care professional.

If you need help with your lower back pain, get in touch with any of our physiotherapists at 83462000 or 83422233

## OTHER RESOURCES



We are passionate about providing our patients and community with information on prevention and management

We have put together a comprehensive free e-Book guide to understanding and managing back pain, We explain the causes and contributing factors, useful advice and tips on self management, setting up a work station, important exercises and even advice on positions and postures to avoid.

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- *This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk*

**You can contact us [here](#) if you would like an appointment- just click**