

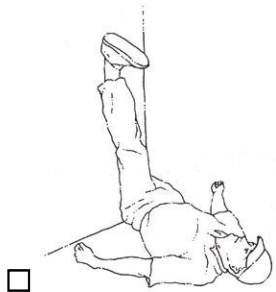
Non-Mechanical Back Pain Self-Management Programme

Things to remember:

1. Remain active throughout (i.e. walking, swimming, tai chi)
2. Best posture is a changing posture

Stretches:

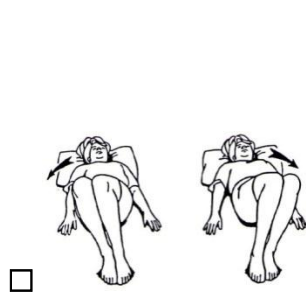
Hamstring stretches



- Lie on the floor next to a doorway
- Make sure your pelvis and spine are aligned
- Place your heel against the door jam
- Straighten both legs slowly and breathe into the stretch.
- The closer you are to the wall the more intense the stretch
- Hold the position
- Repeat for both sides

___ x ___ reps weeks ___ to ___

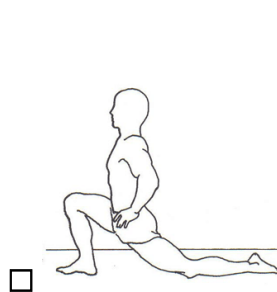
Supine twist beginner



- Lie on your back with your knees bent, feet flat and arms out to your side
- Keeping your ankles together drop your knees to the right or left towards the floor, keeping your shoulder-blades down
- You should feel the stretch in your low back and buttocks.
- Relax your legs to the floor
- Hold the position
- Repeat for both sides

___ x ___ reps weeks ___ to ___

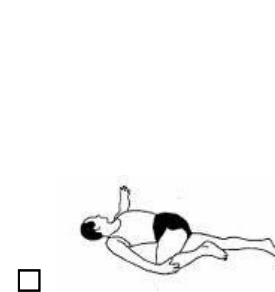
Hip flexor stretches



- Lie on your back with your knees bent, feet flat and arms out to your side
- Keeping your ankles together drop your knees to the right or left towards the floor, keeping your shoulder-blades down
- You should feel the stretch in your low back and buttocks.
- Relax your legs to the floor
- Hold the position
- Repeat for both sides

___ x ___ reps weeks ___ to ___

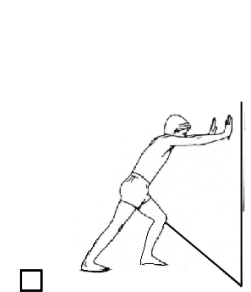
Supine twist



- Lie on your back with your arms out to the side, one knee bent, and the other straight.
- Bring the flexed knee across your body towards the floor, keeping your shoulder-blades down
- You should feel the stretch in your low back and buttock
- Place your hand on your knee to accentuate the stretch
- Relax your leg to the floor
- Hold the position
- Repeat for both sides

___ x ___ reps weeks ___ to ___

Calf stretch



- Place your hands on the wall.
- Putting your weight on one leg, extend the other leg behind your body, keeping both heels on the floor.
- Lean forward, bending the front leg, until you feel a gentle stretch in the calf of the rear leg.
- Hold the position
- Repeat for both sides

___ x ___ reps weeks ___ to ___

General Mobility Exercise: Cat/Camel



- Kneel on your hands and knees with your arms shoulder width apart and your knees hip width apart
- Arch your back, letting your head drop slightly.
- Relax your back and let it sag towards floor while keeping your arms straight and your weight evenly distributed between your legs and arms.
- Oscillate between the two positions
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Core Exercises:

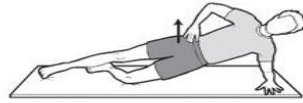
Plank



- Lie on your back with your knees bent and arms on your chest or at your sides.
- Place your feet flat on floor, hip-width apart
- Tighten your abdominal muscles.
- Press the small of your back against floor, causing front of your pelvis to tilt forward
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

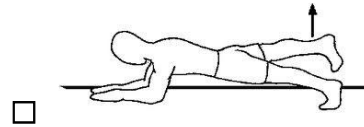
Side planks



- Lie on either side on your forearm with your legs straight
- Tighten your core which is the area around your abs/hips
- Push off the floor, raising up onto your feet and forearm until your body is exactly in a straight line
- Keep you core tight to prevent sagging
- Hold the position
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Plank with hip extension



- Lie face down on a mat or floor resting on your forearms. Your elbows should be at 90 degrees
- Tighten your core which is the area around your abs/hips
- Push off the floor, raising up onto your toes and resting on your elbows.
- Keep your core tight to prevent your buttocks from sticking up in the air or your back sagging
- Raise one leg and hold the position for the suggested time
- Repeat for both sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Bird dog

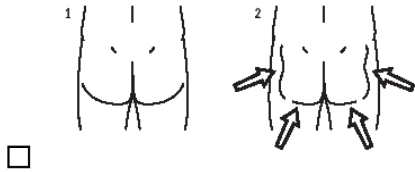


- Kneel on the floor with your hands firmly placed about shoulder width apart and your knees hip width apart
- At first, practice lifting one hand and the opposite knee just clear of the floor while balancing on the other hand and knee.
- When ready point your arm out straight in front and extend the opposite leg to the rear
- Alternate sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Hip and pelvic strengthening:

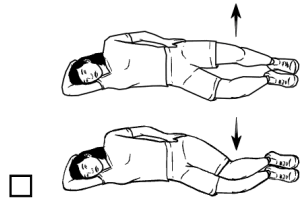
Gluteus maximus activation



- Squeeze your buttocks together and hold for the time suggested by your ISAEC clinician and then release.

___ x ___ reps weeks ___ to ___

Clams



- Lie on your side with a pillow under your head, knees bent and feet in line with your hips.
- Keeping your feet in contact rotate your top knee back and open like a clam.
- Keep your hips in line and avoid rotating through your back
- Repeat for both sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

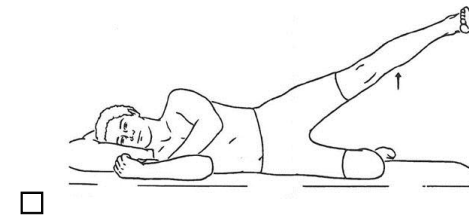
Bridging



- Lie on your back with your knees bent and feet flat on the floor.
- Place your feet hip-width apart and gently contract your abdominal muscles to flatten your low back into the floor
- Keep your abdominals contracted and lift your hips up off the floor
- Press your heels into the floor for added stability
- Avoid pushing your hips too high, which can cause arching in your low back
- Keeping your abdominals tight helps prevent excessive arching in the low back.
- Slowly lower yourself back to your starting position
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

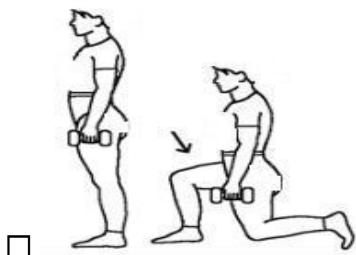
Side lying leg lifts



- Lie on either side with your hips, shoulders and feet aligned and stacked on top of each other
- Engage your core muscles to support your spine.
- Your lower arm can be bent and placed under your head for support while your upper arm can rest upon your upper hip.
- Gently raise your upper leg off your lower leg.
- Keep your knee straight and your foot in a neutral position. Do not allow the hips to roll forward or backwards. Continue raising the leg until your hips begin to tilt, your waist collapses into the floor or until you feel tension develop in your low back or oblique muscles.
- Return the leg to your starting position in a slow, controlled manner
- Repeat for both sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

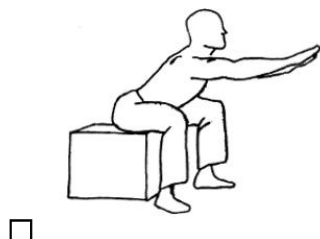
Backward lunges



- Stand with your feet together
- With one foot, take a large stride back and bend both knees to 90 degrees
- Do not bend at the waist
- Using both legs equally, return to your starting position.
- Alternate and step back using the other leg, or you can perform all the repetitions on one side and then switch
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___reps weeks ___to___

Squats



- Place your feet slightly wider than shoulder width apart
- Swing your arms up to shoulder height for counterbalance
- With your back, shoulders, and core tight, push your bottom out and begin your descent
- Sit back with your hips until you touch the chair
- Keeping your weight on your heels push yourself upward leading with your head
- Continue upward, maintaining tightness head to toe.
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___reps weeks ___to___

Wall banger



- Stand with your feet parallel to a wall about 6 to 12 inches away
- Ensure that your feet are shoulder width apart
- Swing your arms up to shoulder height for counterbalance
- Bend your knees to a squat position like you are going to sit down.
- Push your inside hip towards the wall while keeping your knees bent at the same angle.
- Try to bump the wall and then return to the starting position
- Repeat for both sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___reps weeks ___to___

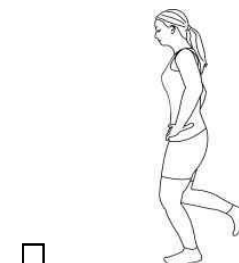
Stability squats



- Place your feet slightly wider than shoulder width on an uneven surface such as a pillow
- Swing your arms up to shoulder height for counterbalance
- With your back, shoulders, and core tight, push your bottom out and begin your descent
- Keeping your weight on your heels push yourself upward leading with your head.
- Continue upward, maintaining tightness head to toe
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___reps weeks ___to___

Single leg squats



- Lift your right foot off the ground slightly, moving the left foot closer to the middle to get your balance.
- Contract the muscles of your left leg
- While keeping your right leg lifted, lower down into a squat (only as low as you can manage)
- You can rest your hands against the wall for added stability.
- Push back to the start and repeat all the repetitions on your left leg before switching sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___reps weeks ___to___