

Exercise To Help In The Recovery And Prevention Of Low Back Pain

Procedure 1 – Lying Prone

The patient adopts the prone lying position (lying face down on the floor) with the arms alongside the trunk and the head turned to one side. In this position the lumbar spine falls automatically into some degree of lordosis. Remain in this position for several minutes. If this position is uncomfortable then try putting one or two pillows under the stomach. As the pain eases then remove the pillows.

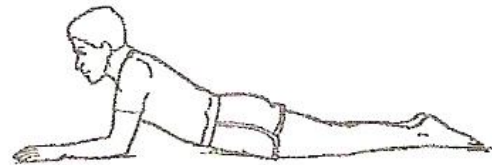


If the pain reduces in this position you can now try Procedure 2

Procedure 2 – Lying Prone In Extension

The patient, already lying prone (lying face down), places the elbows under the shoulders and raises the top half of the body so that he comes to lean on elbows and forearms while pelvis and thighs remain on the couch. In this position the lumbar lordosis is automatically increased, emphasis must be placed on allowing the low back to sag and the lordosis to increase.

If the pain increases in this position then go back to Procedure 1. If it stays the same or starts to reduce then remain in this position for several minutes.

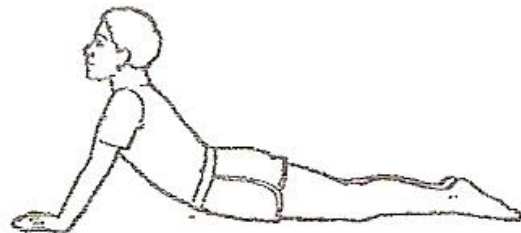


Then slowly relax and go back to Procedure 1.

Procedure 3 – Extension In Lying

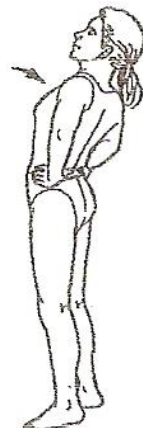
The patient, already lying prone, places the hands (palms down) near the shoulders as for the traditional press up exercises. He now presses the top half of his body up by straightening the arms, while the bottom half, from the pelvis down is allowed to sag with gravity. The top half of the body is then lowered and the exercise is repeated about ten times. The first two or three movements should be carried out with some caution, but once these are found to be safe the remaining extension stresses may become successively stronger until the last movement is made to the maximum possible extension range. If the first series of exercises appears beneficial, then, a second series may be indicated. More vigour can be applied and a better effect will be obtained if the last two or three extension stresses are sustained for a few seconds.

It is essential to obtain the maximum elevation by the tenth excursion and once obtained the lumbar spine should be permitted to relax into the most extreme 'sagged' position.



Procedure 4 – Extension In Standing

The patient stands with the feet well apart and places the hands (fingers pointing backwards) in the small of the back across the belt line. He leans backwards as far as possible, using the hands as a fulcrum, and then returns to neutral standing. The exercise is repeated about ten times. As with the extension in lying it is necessary to move to the very maximum to obtain the desired result.



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Procedure 6 – Flexion in Lying

The patient lies supine with the knees and hips flexed to about forty-five degrees and the feet flat on the couch. He bends the knees up towards the chest, firmly clasps the hands about them and applies overpressure to achieve maximum stress. The knees are then released and the feet placed back on the couch, the sequence is repeated about ten times. The first two or three flexion stresses are applied cautiously, but when the procedure is found to be safe the remaining pressures may become successfully stronger, the last two or three being applied to the maximum.

General Instructions

Generally there should be a reduction of symptoms with each position. If the level of pain increases then go back to a position that is comfortable. If all you can do is Procedure 1 then do this. 2 – 4 hours later try Procedure 2 and then Procedure 3.

You should consult a qualified professional as soon as possible to make sure you are doing the exercises in the correct way.