

Stretch - Lie on back with both knees bent. Cross one leg on top of the other. Pull opposite knee to chest until a stretch is felt in the buttock/hip area. Hold 20 seconds. Relax. Repeat 5 times each side.



Advanced Back Program Exercises

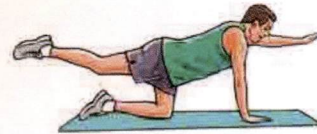
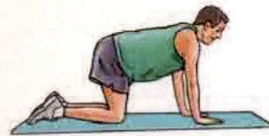
Lie on your back, raise your pelvis up, hold for 20 seconds. Relax. Repeat 5 times.



Partial curl



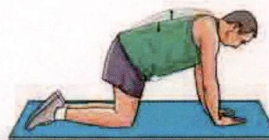
Extension exercise



Quadruped arm/leg raise



Side plank



Cat and camel

**"EXCELLENCE IS OUR GOAL;
QUALITY IS OUR PATH"**

For any inquiry please do not hesitate to call Physiotherapy Department

Tel.: 23985448 / 23862558



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LOW BACK PAIN EXERCISES



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Regular exercises to restore the strength of your back and a gradual return to everyday activities are important for your full recovery.

Physical therapist may recommend that you exercise 10 to 30 minutes a day one to three times a day during your early recovery. They may suggest some of the following exercises. This guide can help you better understand your exercise and activity program, supervised by your Physiotherapist .

Initial Exercise Program

Heel Slides - Lie on your back. Slowly bend and straighten knee. Repeat 10 times.



Abdominal Contraction - Lie on your back with knees bent and hands resting below ribs. Tighten abdominal muscles to squeeze ribs down toward back. Be sure not to hold breath. Hold 5 seconds. Relax. Repeat 10 times.



Straight Leg Raises - Lie on your back with one leg straight and one knee bent. Tighten abdominal muscles to stabilize low back. Slowly lift leg straight up about 6 to 12 inches and hold 1 to 5 seconds. Lower leg slowly. Repeat 10 times.



Wall Squats - Stand with back leaning against wall. Walk feet 12 inches in front of body. Keep abdominal muscles tight while slowly bending both knees 45 degrees. Hold for 5 seconds. Slowly return to upright position. Repeat 10 times.



Heel Raises - Stand with weight even on both feet. Slowly raise heels up and down. Repeat 10 times.

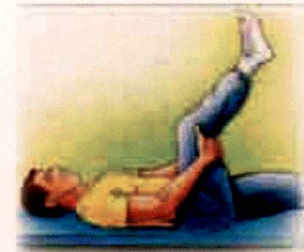


Intermediate Exercise Program

Single Knee to Chest Stretch - Lie on your back with both knees bent. Hold thigh behind knee and bring one knee up to chest. Hold 20 seconds. Relax. Repeat 5 times on each side.



Hamstring Stretch - Lie on your back with legs bent. Hold one thigh behind knee. Slowly straighten knee until a stretch is felt in back of thigh. Hold 20 seconds. Relax. Repeat 5 times on each side.



Hip Flexor Stretch - Lie on your back near edge of bed, holding knees to chest. Slowly lower one leg down, keeping knee bent, until a stretch is felt across top of the hip/thigh. Hold 20 seconds. Relax. Repeat 5 times on each side.

