



Back Pain

General Mobility Exercises

Information and Exercise Leaflet for Patients and Carers

Exercise and movement are essential to enhance recovery when back pain presents. However, back pain can lower your body's tolerance to these movements so it is important to start with those that are comfortable and do not worsen your symptoms. You can work towards incorporating those that you initially found problematic once your discomfort eases.

If your symptoms are made worse by **walking and standing activities**; start with the below exercises:



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Double leg knee hug

Lie flat on your back with knees bent and feet flat on the bed/floor.

Using your hands to assist, gently pull your knees up towards your chest.

Briefly hold this position at the end of range and/or up to any discomfort and then slowly lower back to your start position.

Repeat 5-15 times.



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Seated lumbar flexion

Sit with feet around shoulder width apart and your hands on your knees.

Slowly slide your hands down your shins reaching towards your ankles.

Bend through full available range then pause briefly for 5 – 10 seconds before returning to start position.

Mild lower back discomfort is normal but do not push through pain.

Repeat 5-15 times.

Crook lying pelvic tilt



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Lie on your back with knees bent and feet flat on the bed / floor. Keep your upper back and shoulders flat to the surface whilst rocking your lower back and pelvis backwards (so as to flatten your back into the surface).

Take through full available range then return to start position. Mild lower back discomfort is normal but do not push through pain.

Repeat 5-15 times in each direction.

Crook lying lumbar rotation



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Lie on your back with your knees bent and feet on the bed / floor, slowly roll your knees from one side to the other keeping your upper back and shoulders flat to the surface.

Take through full available range then return to start position. Mild lower back discomfort is normal but do not push through pain.

Repeat 5-15 times in each direction.

If your symptoms are made worse by **sitting and bending activities**; start with the below exercises:

Standing extension



Stand with your feet around shoulder width apart, support your lower back with your hands and arch backwards.

Take through full available range and return to start position.

Mild lower back discomfort is normal but do not push through pain.

Repeat 5-15 times.

Extension in lying



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Lie on your front and rest on your forearms.

Extend your lower back by straightening your arms.

Take through full available range and return to start position.

Mild lower back discomfort is normal but do not push through pain.

Repeat 5-15 times.

Back pain doesn't always follow a strict pattern and can affect a variety of movements; therefore you may need to trial the above exercises to find which your symptoms have a preference towards. Perform these at regular intervals through the day in order to keep your symptoms under control.

Aims of Physiotherapy:

Physiotherapy may form one part of your management, helping you identify the main contributory factors whilst working together to plan your rehabilitation.

Your physiotherapist may spend time talking with you about your back pain, providing advice, reassurance and helping discuss any concerns you may have.

As mentioned previously, exercise is one of the most effective treatments for back pain.

A physiotherapist can provide and help oversee a personalised exercise programme focused on what you want and need your body to achieve.

WARNING SIGNS

If you have severe pain which is getting worse over several weeks, or if you are unwell with back pain, you should consult your doctor.

The following symptoms are very rare, but if you suddenly develop any of them, you should seek medical advice by attending an accident and emergency department as soon as possible.

- Severe pain in back, buttocks, perineum (the area between your front and back passage), genitalia, thighs and legs, and loss of sensation, pins and needles or weakness in one or both legs
- Saddle numbness (loss of feeling in the body areas that sit on a saddle – buttocks, anus and genitals, inability to feel toilet paper when wiping)
- Recent onset of bladder dysfunction (inability to urinate / difficulty initiating urination / loss of sensation when you pass urine / incontinence/ loss of the full bladder sensation)
- Recent onset of bowel dysfunction (bowel incontinence / constipation / loss of sensation when passing a bowel motion)
- Recent loss of sexual function (inability to achieve erection or ejaculate/ loss of sensation during intercourse)

If you are experiencing any of these symptoms, please seek immediate medical advice by attending an accident and emergency department promptly.

If you require this document in an alternative format or language, please contact:

Integrated Musculoskeletal / Physiotherapy Service / Head Office: Accrington Pals Primary Health Care Centre, Paradise Street, Accrington, Lancs BB5 2EJ

Tel: 01254 735450

Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚੇ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba, prašome susisiekti su mumis

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