



Back Pain Advice



Keep Moving or Go For a Walk

If you have back pain it is important to try and keep moving, even if you are moving slowly.

Don't sit down for too long, try to get up for a short walk every 30 minutes.



Heat

Have a warm shower or bath if you can.



Exercises

- Try the following exercises when you feel stiff or sore.
- You might feel a little stiff and sore at first, this is okay.
- If the exercises make your pain worse, or cause new pain.

STOP the exercises, and contact your physiotherapist for advice



EXERCISE 1



Knee Roll

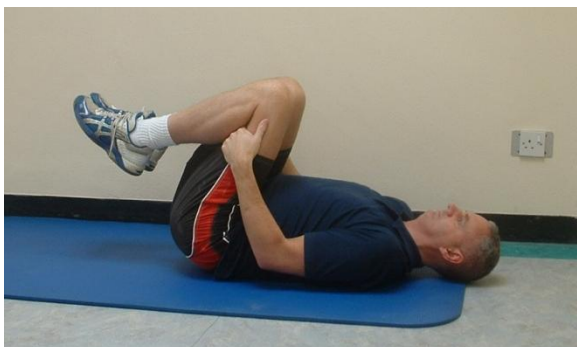
Start Position:

- Lie on your back (On your bed).
- Knees bent.
- Feet on bed.

- **Slowly** roll your knees one way.
- Hold **5 seconds**.
- Bring knees back to middle
- **Slowly** roll your knees to the other side
- Hold **5 seconds**

Repeat this 5 times each side

EXERCISE 2



Knee Hug

Start position

- Lie on your back.
- Knees bent.
- Feet on bed.

- Lift your **ONE** knee up to your chest
- you can use your hands to help

- Hold **5 seconds**
- Slowly lower your leg

- Lift your **OTHER** knee up to your chest
- you can use your hands to help

- Hold **5 seconds**
- Slowly lower your leg

Repeat 5 times

- Try **BOTH** knees together if you can

EXERCISE 3



Bridge

Start Position:

- Lie on your back (On your bed).
- Knees bent.
- Feet on bed.

• **Slowly** push through your heels and lift your bottom **UP** off the bed.

• Hold for **10 seconds**.

• **Slowly** lower back to the start.

• **Repeat this 10 times**.

EXERCISE 4



Standing Stretch

Start Position:

- Stand up straight with your back against the wall/
- Arms by your sides.

- **Slowly** slide your hand down towards your knee.
- Keep your **back against the wall** throughout.

- Hold **5 seconds**

- **Slowly** stand up straight again

- **Slowly** slide your hand towards your other knee

- Hold **5 seconds**

Repeat this 5 times each side

