

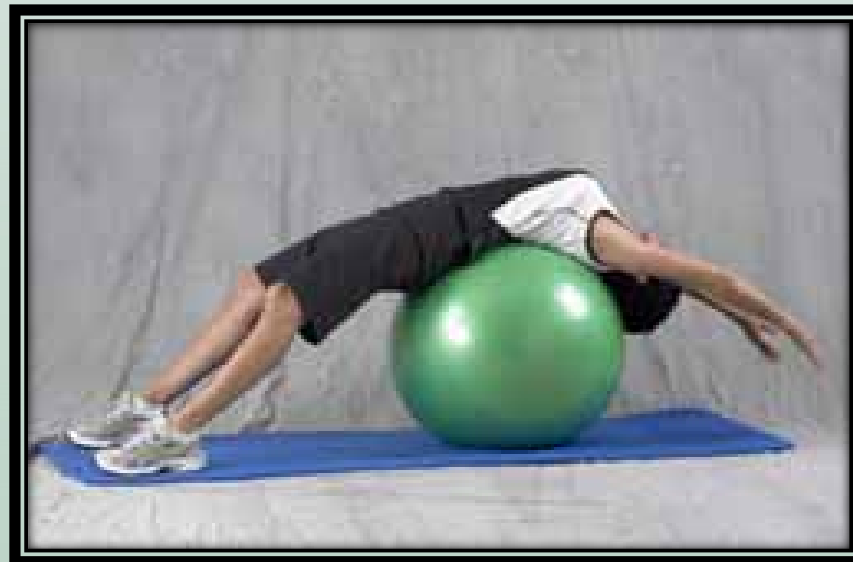


Exercises for Lower Back Pain

- Exercise is important for good health and can also improve flexibility, increase strength, and even reduce pain.
- The following exercises are designed to strengthen and improve the flexibility in the spine, which in turn will make it easier to maintain correct posture and perform daily activities.
- As with any type of exercise, if you notice your pain increasing during the activity, stop what you are doing.
- If increased pain lasts beyond the exercise, consult with a physician.
- **Please note:** With any new exercise routine, first consult with your physician to make sure it is safe for you to begin.
- If you would like a consultation with a spine specialist, you can request an appointment on our website or call 201-869-1145.



ADDRESS THE STIFFNESS: MOBILIZE





ADDRESS THE TIGHTNESS: STRETCH

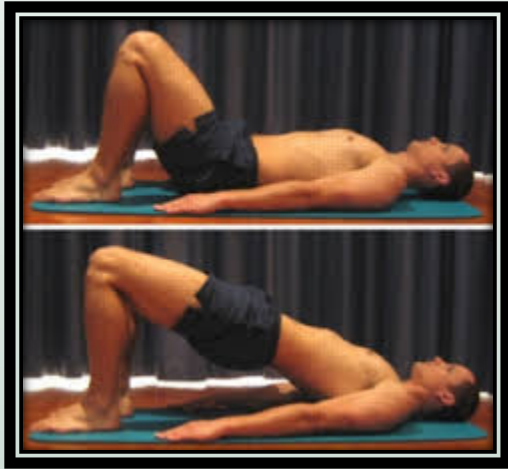
Hold stretches for 1 minute each, repeat 2 times on each leg.

Perform these daily





ADDRESS THE WEAKNESS: STRENGTHEN



Lie on your back with your knees bent. Lift your buttocks up.

Lie face down, alternate lifting one arm and opposite leg.





ADDRESS THE WEAKNESS: STRENGTHEN

Lie face down with arms overhead, lift, then bend your elbows and squeeze your shoulder blades.



Begin on your hands and knees, lift opposite arm and leg.





ADDRESS THE WEAKNESS: STRENGTHEN



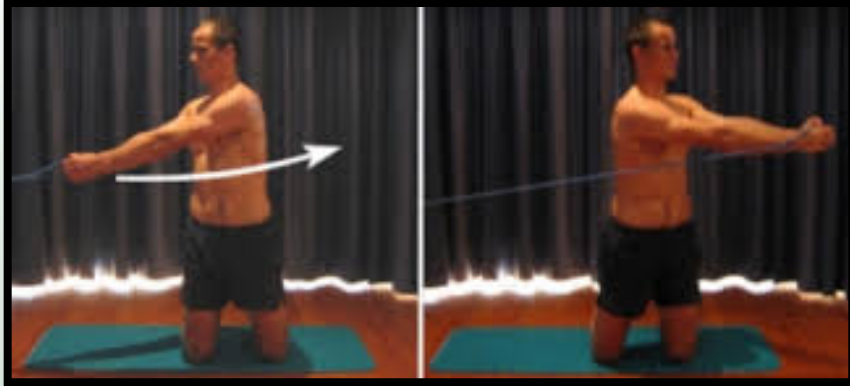
Lie with one leg straight up. Lift your hips off the ground.



Lie with hips and knees bent at 90 degrees. Alternate extending one leg at a time.



ADDRESS THE WEAKNESS: STRENGTHEN



Anchor a band in a door jam. Kneel and begin on one side with your hands holding the band, rotate away from the band.



Perform a plank hold: supported on your forearms and toes only, keep your back flat.

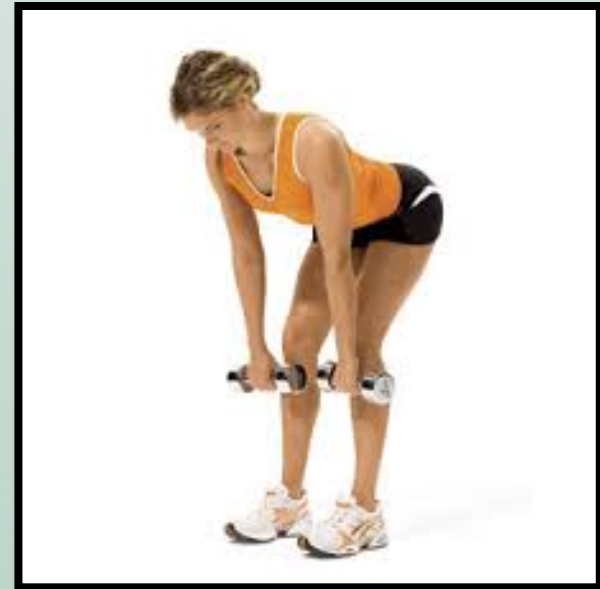


ADDRESS THE WEAKNESS: STRENGTHEN

Squat like you are about to sit down: chest up, knees apart, outstretched arms.



Stand with feet apart and knees slightly bent, lower your trunk to the floor keeping your back in neutral





LIFESTYLE HABITS FOR INJURY PREVENTION: WATCH YOUR POSTURE

- Workplace set-up





LIFESTYLE HABITS

- Workplace habits: ***Get up and stand every 30 minutes***
- Limit your tablet/phone use on work days, try to hold them in front of you or propped on a support





LIFESTYLE HABITS

Eat well. Sleep well.

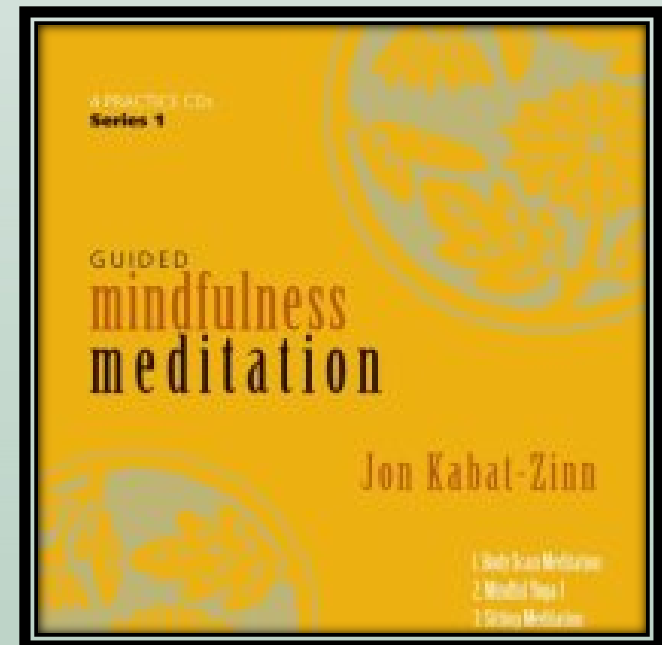
- Back pain and injury correlates with diets high in saturated fats and starchy carbohydrates, low in anti-oxidants and vitamins/nutrients
- Back pain and injury correlates with average sleep per night ≤ 5.5 hours





LIFESTYLE CHANGES: COPING WITH STRESS

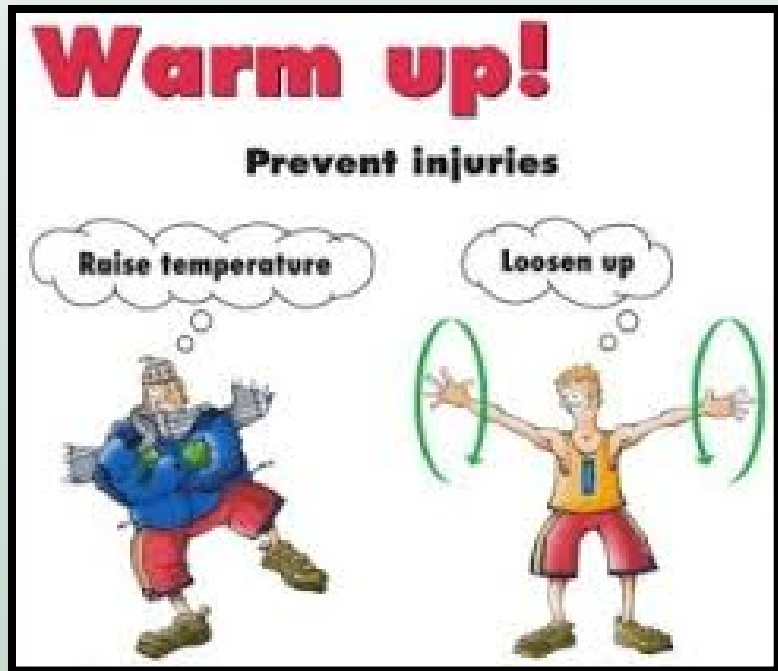
- People who report feeling anxious or overstressed are more prone to having back pain and injury
- Try meditation techniques, breathing exercises





LIFESTYLE CHANGES: EXERCISE

- Perform your conditioning exercises and stretches 2-3x/week
- Before you participate in athletic activities, **ACTIVELY** warm up first (jumping jacks, jog in place, brisk walk)
- **Steffens, et al. JAMA. February 2016.**





Life is too short to live with back pain.

To schedule a consultation with a back specialist or physical therapist, sign in at the Patient Portal on our website, or call 203-869-1145.

