

Mystery of Low Back Pain

The great news is, most people do not have to live with back pain. Physical therapy has been proven time and time again to be the most effective tool to treat back pain. You learn proper movement and how to stay active within your own personal limitations.

If you are experiencing back pain, don't put off seeking professional help.

SELF HELP EXERCISES

Special thanks to the model in the pictures, Morgan Roush (Tim Roush's daughter), PT Technician

BRIDGE

Lie on your back with your knees bent and your feet flat on the floor. Raise your hips off the floor so that your body forms a straight line from your shoulders to your knees. Pause at the top then slowly lower your body back to the floor. Repeat 10-15 times.



DOUBLE KNEES TO CHEST STRETCH

Lie flat on back with knees bent & feet flat on ground. Grab back of knees & pull legs up to chest until stretch felt in both buttocks. Hold stretch 30 seconds then return to starting position. Repeat, 5 times total.



HAMSTRING STRETCH (STRAP)

Place belt or rope around foot and lift leg straight up until gentle stretch is felt at the back of the leg. Stretch should be comfortable enough to hold for 30 seconds. Adjust intensity throughout hold time Repeat 3 times for each leg.



ABDOMINAL BRACING

Lie down on flat surface. Do not flatten back. Tighten lower abdominal muscle without moving pelvis. Hold for 5 count. Repeat 10 times.



PELVIC TILTS

Press low back down into floor & feel lower stomach for tightness. Do not lift buttocks off the ground. Hold for 5 count repeat for 10 reps



ADDUCTION BALL SQUEEZE

Using a ball, pillow, or rolled towel between your knees. Slowly bring your knees together and squeeze. Hold 5 seconds. Repeat 10 times.



SEATED HAMSTRING STRETCH

1.) Sit on edge of bed/couch with the left leg on & the right foot resting on the floor. 2.) Push gently down on the left thigh to straighten the leg. 3.) Lean forward from the hips keeping the back straight until a stretch is felt on the back of the left leg. Hold the stretch, return to the starting position and repeat. When you have completed the repetitions for the left leg then reverse positions and stretch the right. Hold 30 seconds x 4 reps each leg.



CHAIR STRETCH

Sit upright in chair with good posture. Use an object (exercise ball, rolling chair, coffee table..) to adjust intensity of stretch.

The lower the object the more stretch you will feel. Slowly reach forward to feel stretch.

Hold for 20-30 seconds. Repeat 2-3 times.



CHAIR ROTATION STRETCH

1.) Sit up against back of chair 2.) Keep hips and knees together & pointing straight ahead 3.) Turn to the left and grab side of chair with right arm, the left arm is relaxed over the back. 4.) Pull around gently until stretch felt. 5.) Return to start position slowly then rotate right reversing the hands.

MOD: If you are unable to keep knees straight ahead then rotate them in the direction of the turn until you can get shoulders perpendicular to the back of the chair.





SEATED PIRIFORMIS STRETCH

Slowly lift leg by ankle and knee in the directions on the picture. Lean forward or rotate to the side and lean forward until a stretch is felt.

Hold 30 seconds repeat 3 times each leg.





OPPOSITE ARM / LEG IN QUADRUPED (on all fours)

On all fours, extend right arm and left leg keeping back level. Return to start and complete on opposite extremities.

Modification: Extend one arm or one leg at a time, keeping core tight.

Complete 10 total repetitions.



PRONE PRESS UP

Place hands at your sides and push trunk from surface. Keep hips down. You may place pillow under your abdomen.
Perform 5-10 repetitions.

Modification: Place hands at your sides and press up until you are resting on your elbows.

