

OCATs

NHS

North Cheshire and Mersey

NHS Foundation Trust

Musculoskeletal Physiotherapy OCATs

Health Services at Wolves

Low Back Strengthening Exercises

Guidance

- You have been provided with these exercises to help improve your Low Back Pain.
- These Exercises are intended to assist with strengthening around your lower back through the rehabilitation process.
- These exercises are intended as a guide and prior to starting you should have had some instruction from your physiotherapist at OCATS.
- The sets and reps outlined in this leaflet are intended as a guide – you may wish to do less or more, but can progress these at your own pace.
- If you experience worsening symptoms while completing the exercises you may want to seek guidance from your physiotherapist.
- Progress at your own pace, as your pain/stiffness allow, under the supervision/guidance of your physiotherapist at OCATS.

Double Leg Bridge

Lying on your back with your knees bent up and your feet flat on the floor or bed. Make sure your feet and knees are shoulder width apart (do not have your feet and knees together). Try to get your feet as close to your bottom as possible. Contract your deep core stomach muscles and squeeze your bottom muscles together then lift your bottom off the floor.

Hold this position at the top of the movement squeezing your bottom for 1-2 seconds.

Then slowly lower back down to the starting position.

Repeat 10 reps x 4 sets



Single Leg Bridge

Lying on your back with one knee bent up, foot flat on the ground and one leg elevated into the air. Try to get your foot as close to your bottom as possible. Contract your deep core stomach muscles and squeeze your bottom muscles to lift your hips off the floor.

Hold this position at the top of the movement for 2 seconds then Slowly lower down to the starting position. Repeat on the other leg.

**Repeat 4-6 reps
each leg
x 4 sets**



Superman Opposite Arm Opposite Leg in 4 Point Kneeling

Start off in a 4 Point Kneeling/crawling position.

Switch on and tighten your deep core muscles before you start the movement, whilst keeping your lower back still.

Whilst keeping these core muscles contracted slowly raise and straighten Right arm / Leg leg, then slowly return down to the starting position.

Make sure you keep your head looking down at the floor whilst completing this exercise.

Repeat with the opposite sides.

**Repeat 4-6 reps
each side
x 4 sets**



Sit to Stand with 1-2 Sec Pause on Low Down Chair



Stand with your feet shoulder width apart with your toes pointing slightly outwards at 10 to 2 position (Imagine a clock).

Keeping your head up and back straight contract and tighten your deep core muscles then slowly squat down sticking your bottom out keeping your back straight, driving your knees outwards.

Pause above the chair for 1-2 seconds then return to the starting position without completely locking your knees out.

**Repeat 6-10 reps
x 4 sets**

Sit to Stand - Bottom Touch “Tapping” on the Chair / Bed



**Repeat 6-10 reps
x 4 sets**

When completing this exercise progression you can start squatting to a raised surface e,g chair / bed with a towel on

Stand with your feet shoulder width apart with your toes pointing slightly outwards at 10 to 2 position (Imagine a clock).

Keeping your head up and back straight contract and tighten your deep core muscles then slowly squat down sticking your bottom out keeping your back straight and head up.

Touch the chair by “tapping” your bottom without sitting down.

Then return to the starting position without completely locking your knees out.

Romanian ½ Deadlift with Stick or Broom



**Repeat 6-10 reps
x 4 sets**

Hold a stick / broom at hip level. Brace your abdomen by taking a deep breath in and switching on your deep core muscles. Stand with your shoulders back and with your knees very slightly bent. This will be your starting position. Make sure you keep your core muscles braced throughout the movement.

Push your bottom back and slide the stick / broom down your legs keeping it in close. Done correctly, you should reach the maximum stretch for your hamstring flexibility just below the knee.

In order to return to the start position, squeeze your bottom and push your hips forward, keep your lower back straight and raise your shoulders to the upright position.

Romanian ½ Deadlift with Kettlebell or Dumbbells



**Repeat 6-10 reps
x 3-4 sets**

Hold a kettlebell or dumbbells at hip level. Brace your abdomen by taking a deep breath in then switching on your deep core muscles.

Stand with your shoulders back and with your knees slightly bent. This will be your starting position. Make sure you keep your core muscles braced throughout all of the movement.

Lower the kettlebell or dumbbell by sliding the weight down your legs, moving your bottom back as far as you comfortable. Keep the kettlebell or dumbbells close to your legs, your head looking forward, and your shoulders back. Done correctly, you should reach the maximum range of your hamstring flexibility just below the knee.

In order to return to the start position, squeeze your bottom and push your hips forward, keep your lower back straight and raise your shoulders to the upright position

Final thoughts

- If you feel unwell or the exercises cause significant pain, please stop and rest. If this continues discuss it with your physiotherapist.
- If you have any questions or concerns about any of the information detailed in this leaflet please contact the department using the following details.