

Prepared for: _____

Prepared by: _____

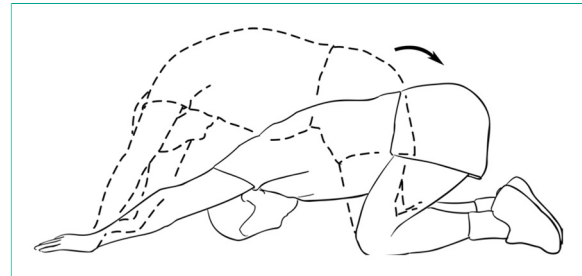
Home Exercise Program for Acute Low Back Pain

- Perform the exercises in the order listed.
- Apply heat to the low back for 20 minutes before performing the exercises.
- If the pain worsens or if it does not improve after performing the exercises for 3 to 4 weeks, call your doctor.

Exercise Type	Muscle Group/Area Targeted	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Kneeling back extension	Low back	10 repetitions	Daily	3 to 4
Knee to chest	Low back	10 repetitions/3 sets	Daily	3 to 4
Side bridges	Quadratus lumborum	5 repetitions	Daily	3 to 4
Hip bridges	Hip extensors Low back extensors	5 repetitions	Daily	3 to 4

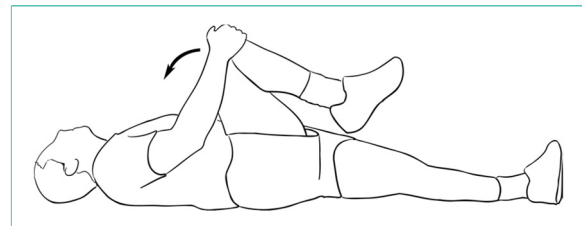
Kneeling Back Extension

- Crouch on your hands and knees.
- First rock forward onto your extended arms, allowing your back to sag. Hold for 5 seconds.
- Then rock back and sit on your bent knees with your arms extended and your head tucked in. Hold for 5 seconds.
- Repeat 10 times.
- Perform the exercise daily, for 3 to 4 weeks.



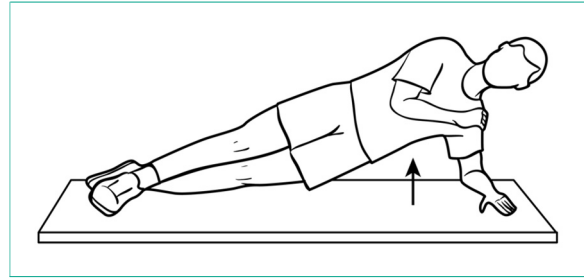
Knee to Chest

- Lie on your back on the floor.
- Grasp one knee and bring it up to your chest as far as it will go.
- Then lower your leg back to the floor.
- Repeat with the other leg.
- Then do both legs together.
- Repeat this sequence 10 times.
- Perform 3 sets daily, for 3 to 4 weeks.



Side Bridges

- Lie on your side on the floor.
- With your elbow bent at 90°, lift your body off the floor as shown, keeping your body straight.
- Hold this position for 15 seconds and then repeat on the other side.
- Perform 5 repetitions daily, for 3 to 4 weeks.



Hip Bridges

- Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor.
- Lift your pelvis so that your body is in a straight line from your shoulders to your knees.
- Hold this position for 15 seconds.
- Perform 5 repetitions daily, for 3 to 4 weeks.

