

Back Dominant Pain Aggravated by Extension Self-Management Programme

Things to remember:

1. Stay active throughout (i.e. cycling, swimming, tai chi)
2. Schedule periods of activity with short periods of rest
3. Hurt does not equal harm
4. Best posture for relieving symptoms is a flexed posture

Positions of comfort:

Z-lie



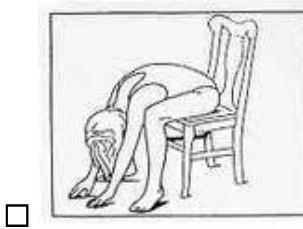
- Lie with your back flat on the floor and your head supported by a pillow
- Put your feet on a chair with your knees bent at 90 degrees
- Move the chair closer to your body bringing your knees closer to your chest
- Relax your muscles and hold the position

Knee to Chest



- Lie on your back with your knees bent and feet flat on the floor
- Slowly, bring your knees towards chest. Bringing your legs up one at a time makes it easier.
- Wrap your arms behind your knees and pull your knees towards your chest.
- Relax your muscles and hold the position

Sitting Flexion



- Sit with your feet flat on the floor, hip-width apart
- Lean forward to rest your stomach on your lap.
- Allow your head to hang between your knees and your arms near your feet
- Relax your muscles and hold the position

Prayer Stretch

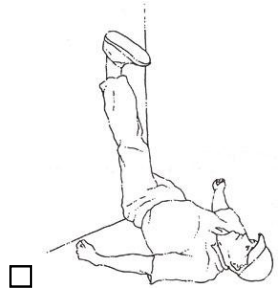


- Kneel on your hands and knees with your arms shoulder width apart and your knees hip width apart
- Tuck your chin and arch your back.
- Slowly sit back on your heels, dropping shoulders towards floor
- Relax your muscles and hold the position

Postural Advice: Limit back extension

Stretches:

Hamstring stretches



- Lie on the floor next to a doorway
- Make sure your pelvis and spine are aligned
- Place your heel against the door jam
- Straighten both legs slowly and breathe into the stretch.
- The closer you are to the wall the more intense the stretch
- Hold the position
- Repeat for both sides

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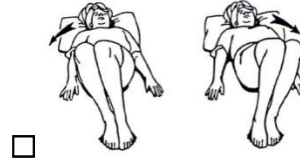
Figure 4 stretches



- Lie on your back with knees bent, feet flat and in line with your hips
- Bring either ankle to the opposite knee forming a figure four (i.e. cross your legs)
- Reach through your bent knee and grasp the back of the leg still on the ground and pull it towards your chest
- You should feel the stretch in your buttocks
- Keep your head and neck are relaxed
- Hold the position
- Repeat for both sides

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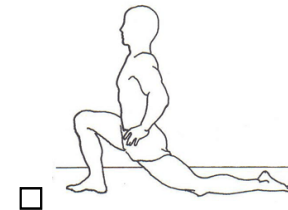
Supine twist beginner



- Lie on your back with your knees bent, feet flat and arms out to your side
- Keeping your ankles together drop your knees to the right or left towards the floor, keeping your shoulder-blades down
- You should feel the stretch in your low back and buttocks.
- Relax your legs to the floor
- Hold the position
- Repeat for both sides

___ x ___ s weeks ___ to ___

Hip flexor stretches



- Kneel on one knee
- Make sure that both knees are at a 90 degree angle
- Keep your legs parallel to each other and place your hands on the knee in front, let your hips sink forward to the floor, keeping your upper body straight.
- Do not bend at the waist
- You should feel the stretch in the front of your hip/thigh
- Hold the position
- Repeat for both sides

___ x ___ s weeks ___ to ___

Supine twist advanced



- Lie on your back with your arms out to the side, one knee bent, and the other straight.
- Bring the flexed knee across your body towards the floor, keeping your shoulder-blades down
- You should feel the stretch in your low back and buttock
- Place your hand on your knee to accentuate the stretch
- Relax your leg to the floor
- Hold the position
- Repeat for both sides

___ x ___ s weeks ___ to ___

Calf stretch



- Place your hands on the wall.
- Putting your weight on one leg, extend the other leg behind your body, keeping both heels on the floor.
- Lean forward, bending the front leg, until you feel a gentle stretch in the calf of the rear leg.
- Hold the position
- Repeat for both sides

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Adductor Stretch - Seated

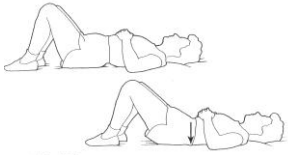


- While seated, bend your knees drawing your ankles up as close to your buttocks as possible.
- Put the soles of your feet together while lowering your knees outward to stretch the inside of your thighs.
- Hold your ankles while applying downward pressure with your elbows to the inside of the knees.
- Hold the position

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Core Exercises:

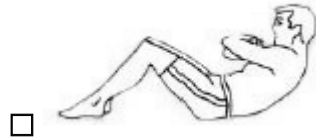
Pelvic tilt



- Lie on your back with your knees bent and arms on your chest or at your sides.
- Place your feet flat on floor, hip-width apart
- Tighten your abdominal muscles.
- Press the small of your back against floor, causing front of your pelvis to tilt forward
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Curl-ups



- Lie on your back with your knees bent, feet flat on floor and arms crossed in front of you
- Using your stomach muscles raise your head and shoulders slightly until shoulder blades are just off floor. (You may not be able to get up this far at first.)
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

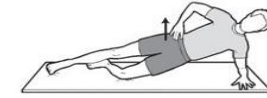
Plank



- Lie face down on a mat or floor resting on your forearms. Your elbows should be at 90 degrees
- Tighten your core which is the area around your abs/hips
- Push off the floor, raising up onto your toes and resting on your elbows
- Keep your core tight to prevent your buttocks from sticking up in the air or your back sagging.
- Hold the position
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

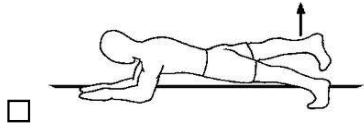
Side planks



- Lie on either side on your forearm with your legs straight
- Tighten your core which is the area around your abs/hips
- Push off the floor, rising up onto your feet and forearm until your body is exactly in a straight line
- Keep your core tight to prevent sagging
- Hold the position
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Plank with hip extension



- Lie face down on a mat or floor resting on your forearms. Your elbows should be at 90 degrees
- Tighten your core which is the area around your abs/hips
- Push off the floor, raising up onto your toes and resting on your elbows.
- Keep your core tight to prevent your buttocks from sticking up in the air or your back sagging
- Raise one leg and hold the position for the suggested time
- Repeat for both sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

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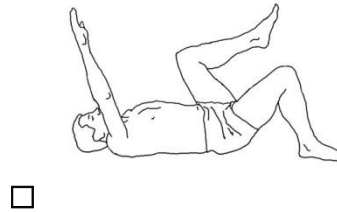
Bird dog



- Kneel on the floor with your hands firmly placed about shoulder width apart and your knees hip width apart
- At first, practice lifting one hand and the opposite knee just clear of the floor while balancing on the other hand and knee.
- When ready point your arm out straight in front and extend the opposite leg to the rear
- Alternate sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

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Dead bug

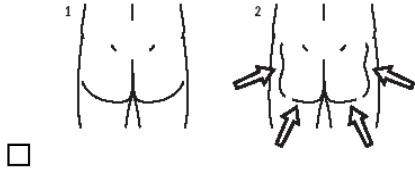


- Lie on your back with your knees bent and your feet flat on the floor
- Tighten your core and raise your bent legs so your knees are over your hips bringing both arms up halfway overhead
- Move one arm up while straightening out the opposite leg, not letting it touch the floor
- Keep your core tight as you come back to the starting position.
- Alternate sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

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Hip and pelvic strengthening:

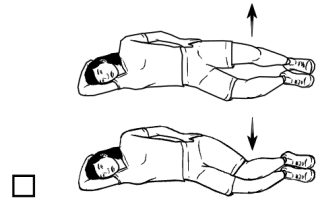
Gluteus maximus activation



- Squeeze your buttocks together and hold for the time suggested by your ISAEC clinician and then release

___ x ___ reps weeks ___ to ___

Clams



- Lie on your side with a pillow under your head, knees bent and feet in line with your hips.
- Keeping your feet in contact rotate your top knee back and open like a clam.
- Keep your hips in line and avoid rotating through your back
- Repeat for both sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

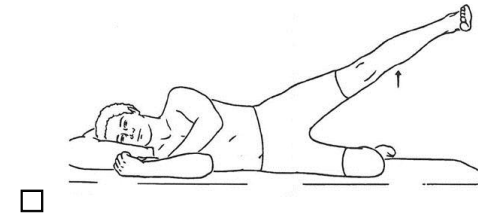
Bridging



- Lie on your back with your knees bent and feet flat on the floor.
- Place your feet hip-width apart and gently contract your abdominal muscles to flatten your low back into the floor
- Keep your abdominals contracted and lift your hips up off the floor
- Press your heels into the floor for added stability
- Avoid pushing your hips too high, which can cause arching in your low back
- Keeping your abdominals tight helps prevent excessive arching in the low back.
- Slowly lower yourself back to your starting position
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

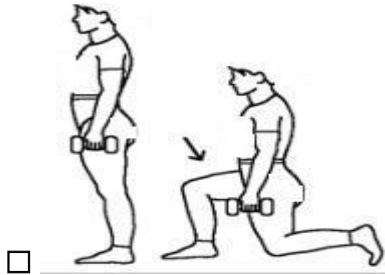
Side lying leg lifts



- Lie on either side with your hips, shoulders and feet aligned and stacked on top of each other
- Engage your core muscles to support your spine.
- Your lower arm can be bent and placed under your head for support while your upper arm can rest upon your upper hip.
- Gently raise your upper leg off your lower leg.
- Keep your knee straight and your foot in a neutral position. Do not allow the hips to roll forward or backwards. Continue raising the leg until your hips begin to tilt, your waist collapses into the floor or until you feel tension develop in your low back or oblique muscles.
- Return the leg to your starting position in a slow, controlled manner
- Repeat for both sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Backward lunges



- Stand with your feet together
- With one foot, take a large stride back and bend both knees to 90 degrees
- Do not bend at the waist
- Using both legs equally, return to your starting position.
- Alternate and step back using the other leg, or you can perform all the repetitions on one side and then switch
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

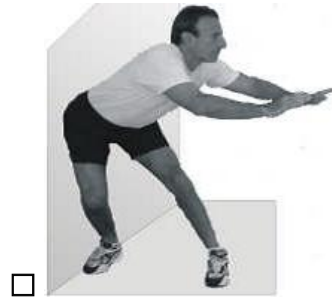
Squats



- Place your feet slightly wider than shoulder width on an uneven surface such as a pillow
- Swing your arms up to shoulder height for counterbalance
- With your back, shoulders, and core tight, push your bottom out and begin your descent
- Keeping your weight on your heels push yourself upward leading with your head.
- Continue upward, maintaining tightness head to toe
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Wall banger



- Stand with your feet parallel to a wall about 6 to 12 inches away
- Ensure that your feet are shoulder width apart
- Swing your arms up to shoulder height for counterbalance
- Bend your knees to a squat position like you are going to sit down.
- Push your inside hip towards the wall while keeping your knees bent at the same angle.
- Try to bump the wall and then return to the starting position
- Repeat for both sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Stability squats



- Place your feet slightly wider than shoulder width on an uneven surface such as a pillow
- Swing your arms up to shoulder height for counterbalance
- With your back, shoulders, and core tight, push your bottom out and begin your descent
- Keeping your weight on your heels push yourself upward leading with your head.
- Continue upward, maintaining tightness head to toe
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___

Single leg squats



- Lift your right foot off the ground slightly, moving the left foot closer to the middle to get your balance.
- Contract the muscles of your left leg
- While keeping your right leg lifted, lower down into a squat (only as low as you can manage)
- You can rest your hands against the wall for added stability.
- Push back to the start and repeat all the repetitions on your left leg before switching sides
- Complete the necessary repetitions as prescribed by your ISAEC clinician

___ x ___ reps weeks ___ to ___