

Many people suffer from lower back pain. One need not use exercise equipment to ease the pain. The following practical exercises have been suggested by Lorma Physical Therapy Department. Make sure you have consulted with your doctor prior to doing these exercises.

Williams' Flexion Exercises For Low Back Pain

1. **Pelvic tilt.** Lie on your back with knees bent, feet flat on floor. Flatten the small of your back against the floor, without pushing down with the legs. Hold for 5 to 10 seconds.



2. **Single Knee to chest.** Lie on your back with knees bent and feet flat on the floor. Slowly pull your right knee toward your shoulder and hold 5 to 10 seconds. Lower the knee and repeat with the other knee.

3. **Double knee to chest.** Begin as in the previous exercise. After pulling right knee to chest, pull left knee to chest and hold both knees for 5 to 10 seconds. Slowly lower one leg at a time.



4. **Partial sit-up.** Do the pelvic tilt (exercise 1) and, while holding this position, slowly curl your head and shoulders off the floor. Hold briefly. Return slowly to the starting position.



5. **Hamstring stretch.** Start in long sitting with toes directed toward the ceiling and knees fully extended. Slowly lower the trunk forward over the legs, keeping knees extended, arms outstretched over the legs, and eyes focus ahead.



6. **Hip Flexor stretch.** Place one foot in front of the other with the left (front) knee flexed and the right (back) knee held rigidly straight. Flex forward through the trunk until the left knee contacts the axillary fold (arm pit region). Repeat with right leg forward and left leg back.



7. **Squat.** Stand with both feet parallel, about shoulder's width apart. Attempting to maintain the trunk as perpendicular as possible to the floor, eyes focused ahead, and feet flat on the floor, the subject slowly lowers his body by flexing his knees.



Typical McKenzie Back Extension Exercises

1. **Prone lying.** Lie on your stomach with arms along your sides and head turned to one side. Maintain this position for 5 to 10 minutes.



2. **Prone lying on elbows.** Lie on your stomach with your weight on your elbows and forearms and your hips touching the floor or mat. Relax your lower back. Remain in this position 5 to 10 minutes. If this causes pain, repeat exercise 1, then try again.



3. **Prone press-ups.** Lie on your stomach with palms near your shoulders, as if to do a standard push-up. Slowly push your shoulders up, keeping your hips on the surface and letting your back and stomach sag. Slowly lower your shoulders. Repeat 10 times.



4. **Progressive extension with pillows.** Lie on your stomach and place a pillow under your chest. After several minutes, add a second pillow. If this does not hurt, add a third pillow after a few more minutes. Stay in this position up to 10 minutes. Remove pillows one at a time over several minutes.



5. Standing extension. While standing, place your hands in the small of your back and lean backward. Hold for 20 seconds and repeat. Use this exercise after normal activities during the day that place your back in a flexed position: lifting, forward bending, sitting, etc.



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