

6 Exercises to Reduce Low Back Pain

Created by: theseniorcenteredpt.com

1. Neutral Spine

1. Lay on your back with knees bent so feet are flat on the floor/bed.

2. Press your low back down into the floor/bed.

3. Arch your low back away from the floor/bed.

4. Relax. Place your hands under your low back- there should be a little space between your back and the floor/bed.

5. Pull your belly button in towards your spine to engage your abdominals and maintain that position.

6. Breathe 3 times.

7. Relax.

8. Repeat steps 2-3 for 3 repetitions.



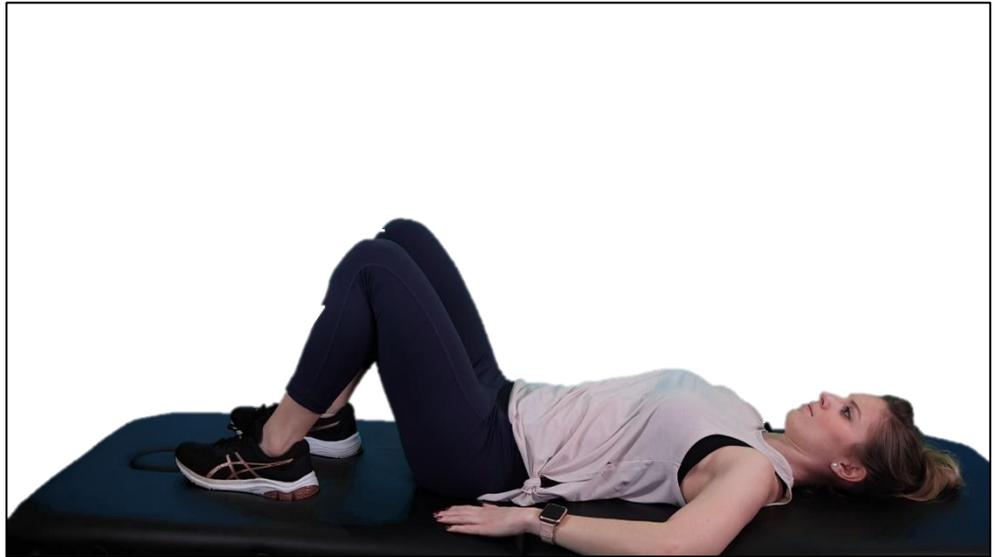
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2. Bridges

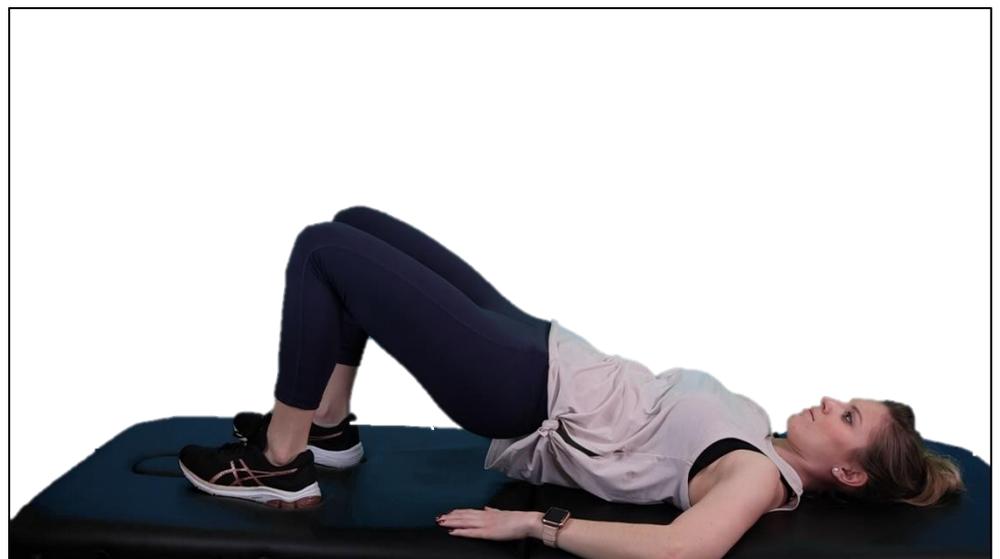
1. Lay on your back with knees bent so feet are flat on the floor/bed.

2. Find neutral spine alignment and engage abdominals.



3. Press into your heels to lift your buttocks off of the floor/bed.

4. Take two breaths at the top, keeping abs engaged (don't allow hips to drop).



5. Slowly lower your buttocks straight back down to the floor/bed.

6. Repeat steps 2-5 for 3-5 repetitions.

7. Rest for 30 seconds.

8. Perform 3 sets total.

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3. Toe Taps

1. Lay on your back with knees bent so feet are flat on the floor/bed.

2. Find neutral spine alignment and engage abdominals.

3. Keeping neutral spine, lift one leg up, then the other (so your legs are in a table top position).

4. Lower one leg down, tapping your toe to the floor/bed.

5. Bring that leg back up.

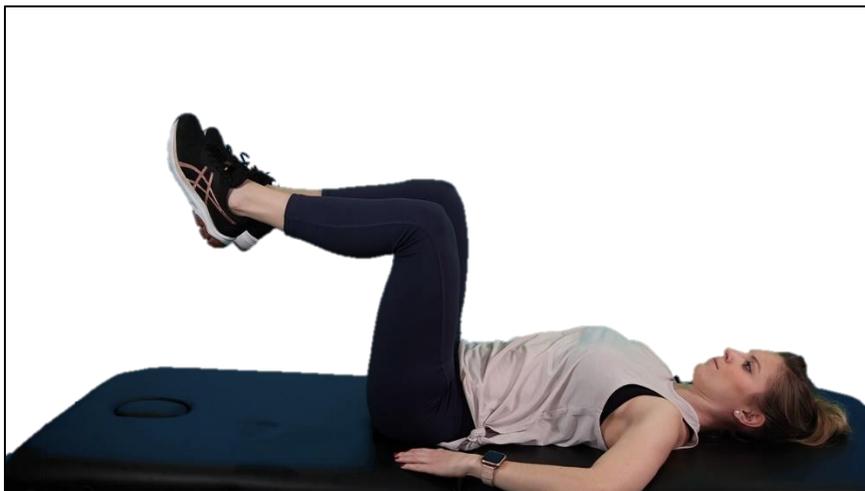
6. Lower the other leg down, tapping your toe to the floor/bed.

7. Bring that leg back up.

8. Perform 2-3 repetitions on each leg.

9. Rest for 30 seconds.

10. Perform 3 sets total.



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3. Modified Toe Taps

1. Lay on your back in front of a couch/bed/table (any surface you can put your legs up on, so your hips are about at 90 degrees).



2. Find neutral spine alignment and engage abdominals.

3. Keeping neutral spine, lift one leg on to your surface, then the other



4. Slide one heel away from you, keeping your hips stable.

5. Slide that heel back to the starting position.

6. Slide the other heel away from you, keeping your hips stable.

7. Slide that heel back to the starting position.

8. Perform 2-3 repetitions on each leg.

9. Rest for 30 seconds.

10. Perform 3 sets total.

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4. Dead Bugs

1. Lay on your back with knees bent so feet are flat on the floor/bed.

2. Find neutral spine alignment and engage abdominals.

3. Keeping neutral spine, lift one leg up, then the other (so your legs are in a table top position).

4. Bring your arms up to just in front of your shoulders, so your fingers are pointing towards the ceiling (you should be able to see your fingertips at all times).

5. Keeping abdominals engaged and spine neutral, bring your right hand back while your left leg extends forward (as you bring your arm back, down bring it all the way down to the floor, keep your fingers in sight).

6. Return right hand and left leg to starting position.

7. Repeat with left hand and right leg.

8. Perform 2-3 repetitions on each leg.

9. Rest for 30 seconds. Perform 3 Sets.



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4. Modified Dead Bugs

1. Lay on your back with knees bent so feet are flat on the floor/bed.



2. Find neutral spine alignment and engage abdominals.

3. Keeping neutral spine, lift one leg up, then the other (so your legs are in a table top position).



4. Bring your arms up to just in front of your shoulders, so your fingers are pointing towards the ceiling (you should be able to see your fingertips at all times).

5. Keeping abdominals engaged and spine neutral, bring your right hand to your left knee (don't twist your spine or hips) and provide a gentle press into the left knee.

6. Return right hand to starting position.

7. Repeat with left hand on the right knee.

8. Perform 2-3 repetitions on each leg.

9. Rest for 30 seconds. Perform 3 sets total.

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5. Heel Squeezes

1. Lay on your stomach with legs apart.

2. Engage abdominals (pretend there's an ice cube under your belly button and you don't want to touch it).



3. Keeping abdominals engaged, bend your knees so your heels come together.

4. Squeeze your heels together (still breathe!) for a count of 3-5 seconds.

5. Relax and rest for 15 seconds.

6. Repeat 3-5 times.

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6. High Hip Planks

1. Lay on your stomach with legs hip distance apart (or a little wider to make it easier).

2. Place your elbows directly under your shoulders.

3. Engage abdominals (pretend there's an ice cube under your belly button and you don't want to touch it).

4. Keeping abdominals engaged, lift your hips up towards the ceiling, using your abdominals to lift as you push into your elbows.

5. Hold for 3 seconds, breathing (eventually you want to be able to hold for 10-30 seconds, so practice this one!).

5. Slowly lower yourself back down.

7. Repeat 2-3 times.



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6. Modified High Hip Planks

1. Lay on your stomach with legs hip distance apart (or a little wider to make it easier).

2. Place your elbows directly under your shoulders.

3. Engage abdominals (pretend there's an ice cube under your belly button and you don't want to touch it).



4. Keeping abdominals engaged, lift your hips up towards the ceiling, using your abdominals, and pushing into your elbows, keeping your knees on the bed.

5. Hold for 5 seconds, breathing (eventually you want to be able to hold for 10-30 seconds, so practice this one!).

5. Slowly lower yourself back down.

7. Repeat 2-3 times.