



## Exercise and lower back pain

# 5 best exercises to reduce your lower back pain

Exercise is one of the most important strategies to help manage lower back pain. Although all too often when we have been living with chronic lower back pain we reduce the amount of movement and exercise in fear of aggravating the pain. Doing the right type of exercises and progressing slowly will not only decrease your pain but reduce the number of flare ups you experience.

These 5 exercises are a good starting point to improve your core strength and mobility in your lower back

### 1 Lumbar Rolls.

Gently roll both knees from side to side. Increasing range as tolerating. Perform 10 each side



### 4 Superman.

Start extending one leg back maintaining a neutral spine. Imagine a hot cup of coffee you don't want to spill. Add opposite arm for a challenge.



### 2 Bridging.

Tilt pelvis back and activate buttocks as you lift. Imagine a \$100 note between your buttocks that you don't want to let go. Hold for 3 seconds and release down. Aim for 2 x 10



### 5 Glute Stretch.

Cross one leg over the other using arm to press against knee. Bring other leg towards you for an extra challenge. 3 x each side holding 20-30seconds.



### 3 Cat Stretch.

Move through the pain free range of mobility in your back. Aim for 2 x 10 reps



As you do these exercises brace through your deep core muscles to provide support for your lower back. Speak to an Accredited Exercise Physiologist to help you learn how to activate and strengthen these core muscles.

These exercises are a general guide and it is important you speak with a health professional to assess your individual situation. An Accredited Exercise Physiologist can help you work out an individual exercise program.

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