

Exercises for low back pain

Low back pain is a very common problem that affects one in three adults in the UK every year. If you have low back pain, it's important to stay physically active. Not only is exercise great for your overall health, it may help to reduce back pain and prevent it coming back.

These simple exercises can be added to your usual exercise routine or done at home to help keep you moving and doing the things you enjoy.

You shouldn't feel pain when you carry out these exercises. If you do feel pain, talk to your GP or physiotherapist. They'll be able to make sure you're doing them correctly or may suggest a different exercise.



1. Flexion

Three to four repetitions, daily

1. Kneel onto all fours, keeping your hands and knees shoulder width apart.
2. Your hips should be at a 90° angle with your shoulders directly above your hands and your hips directly above your knees.
3. Slowly move your hips backwards to get your buttocks to your heels.
4. Hold the stretch position for 10–15 seconds.



2. Lumbar rotation stretch

Three to four repetitions on each side, daily

1. Lie on your back with your knees bent.
 2. Keeping your knees together, lower them to the floor as far as you can on one side, and hold the stretch for a couple of seconds.
 3. Return to the starting position and repeat on the other side.
- NOTE: Keep your shoulders on the ground during the exercise.



3. Stretching Flexion

Three to four repetitions on each side, daily

1. Lie on your back with your legs straight and your back in a neutral position (slightly arched).
 2. Lift your leg toward your chest, bending at the knee.
 3. Keep the stretch for 10–15 seconds and slowly return to your original position.
- Hold it there with your hands as far as possible or until a gentle stretch is felt.



4. Pelvic tilts

Five to 10 repetitions, daily

If you can't lie on your back, you can do this one in a supported reclined sitting position.

1. Lie on your back with your knees bent. Get your lower stomach muscles working by gently pulling your belly button towards your spine.
 2. Hold for 5 seconds.
 3. Return slowly to your original position and repeat.
- Keep your breathing steady while tilting your pelvis and flattening your back to the ground.



5. Cat stretch

Five to 10 repetitions, daily

1. Support yourself on all fours. Make sure your back is straight and your head is in line with your body.
2. Arch your back upward.
3. Let your spine arch downward.
4. Return to the starting position.

