

Exercises to Help Lower Back Pain

Back pain may be due to a lack of exercise, injury or unhealthy weight. You may have pain, stiff joints or tight muscles. Doing exercises to strengthen the muscles that support your lower back can help lower and prevent pain. These exercises can also increase blood flow to your body which may help with stiffness.

Try these exercises 3 to 4 times a week. Do these exercises slowly. If you have pain while doing them, stop and talk to your doctor or physical therapist.

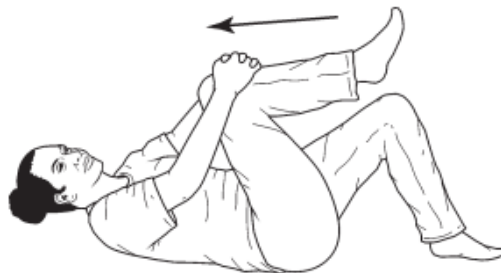
Hip Rolls

1. Lie on the floor with your knees bent, place your feet flat on the floor, arms at your sides.
2. Keeping your shoulders flat on the floor, gently roll both bent knees over to one side of your body.
3. Hold the position for 5–10 seconds.
4. Return to the starting position.
5. Gently roll your bent knees over to the opposite side, hold, and then return to the starting position.
6. Repeat 4 times.



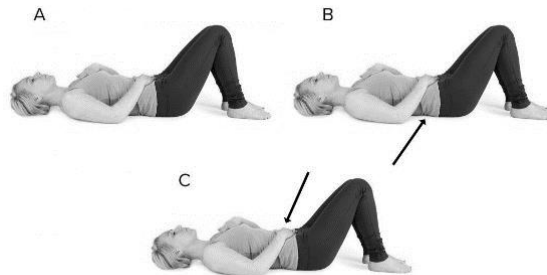
Knee-to-chest stretches

1. Lie on the floor with your knees bent, place your feet flat on the floor hip-width apart.
2. Use both hands to pull one knee in toward your chest until you feel a slight stretch in your lower back.
3. Hold for 10 seconds.
4. Return to the starting position.
5. Repeat with the opposite knee.
6. Repeat with each leg 4 times.
 - o **Double knee to chest:** For a bigger stretch, slowly bring both knees to your chest. Hold for 5 seconds. Keep your back relaxed and flat on the floor.



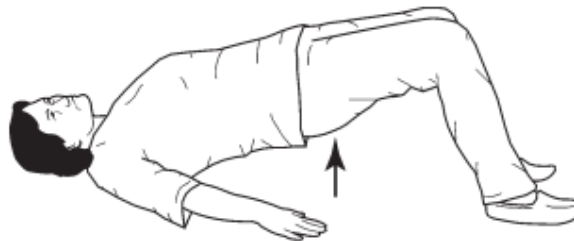
Pelvic tilt:

1. Lie on the floor with your knees bent, place your feet flat on the floor hip-width apart, arms at your sides.
2. Breathe in deeply.
3. While breathing out, push your lower back down so its flat on the floor and pull your bellybutton towards your spine. Keep your hips still.
4. Hold the position for 5 seconds.
5. As you breathe out, bring your back to starting position.
6. Repeat 5 times.



Bridges

1. Lie on the floor with your knees bent, place your feet flat on the floor hip-width apart.
2. As you breathe in, keep your arms by your sides as you raise your hips off the ground towards the ceiling while squeezing your butt muscles. Keep your shoulders on the floor until your body forms a straight line from your shoulders to your knees.
3. As you breathe out, lower your butt to the ground.
4. Repeat 15 times.

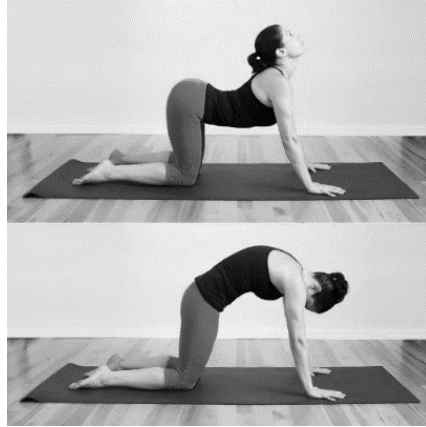


Photos from: medicalnewstoday.com and healthinfotranslations.org

Adapted from Health Information Translations

Cat Cow

1. Get onto your hands and knees with your knees hip-width apart.
2. Breathe in as you open your chest and look up.
3. Breathe out as you round your back and shoulders in towards your belly. Tuck your chin in towards your chest.
4. Repeat 5 times.



Superman

1. Lie face down on the ground and stretch both arms out in front of your body. Keep your legs stretched out and flat on the ground.
2. Raise both your head, hands, and feet off the ground at the same time. Keep your eyes looking at the floor.
3. Hold the position for 2 seconds.
4. Return to the starting position.
5. Repeat 10 times.



Calf Stretch:

1. While standing, face a wall.
2. Flex your foot and put the bottom of it on the wall.
3. Lean in towards the wall to feel a gentle stretch in the back of your leg.
4. Hold for 8 seconds.
5. Take your foot off the wall, point and flex it.
6. Repeat on your other side.



Standing Child's Pose:

1. Stand tall, about 2 feet away from a wall or back of a chair.
2. With a slight bend in your knees, hinge forward at your waist, place both of your hands on the wall or back of chair. Keep your back straight.
3. Let your head fall between your arms. The further you hinge from your waist, the more you'll feel the stretch in your back.
4. Hold for 15 seconds.



For questions about wellness, contact
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Photos from: healthinfotranslations.org, popsugar.com, gethealthyu.com, skimble.com and prevention.com
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