

MATHEW LEFKOWITZ, MD

PAIN MANAGEMENT

185 Montague Street, 6th floor / Brooklyn, NY 11201

Tel: (646) 789-5068 / Fax: 718-625-4247

lefkowitz.pain.doc@gmail.com

LOW BACK PAIN EXERCISES

Instructions for personalized exercise routine:

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up should consist of light physical activity, for example walking in place, for approximately 10 minutes. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles.

Perform each stretch gently and slowly—avoiding any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next pages move your body into the stretch position and hold each stretch for 10 to 15 seconds. Relax for 10 to 15 seconds between each stretch. Stretches should be done on both sides. Perform the exercises for 10 minutes in the morning and 10 minutes in the evening.

Call the office (646-789-5068) with any questions regarding the exercises.

If the stretches produce pain or discomfort, STOP performing exercises.

Initial Exercise Program

Ankle Pumps



- Lie on your back.
- Move ankles up and down. Repeat 10 times.
- Repeat 10 times.

Heel Slides



- Lie on your back.
- Slowly bend and straighten knee.
- Repeat 10 times.

Abdominal Contraction



- Lie on your back with knees bent and hands resting below ribs.
- Tighten abdominal muscles to squeeze ribs down toward back.
- Be sure not to hold breath.
- Hold 5 seconds.
- Relax.
- Repeat 10 times.

Wall Squats



- Stand with back leaning against wall.
- Walk feet 12 inches in front of body.
- Keep abdominal muscles tight while slowly bending both knees 45 degrees.

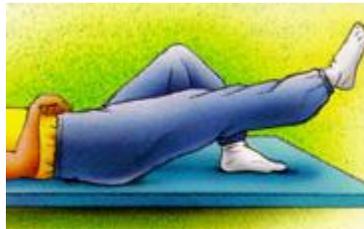
- Hold 5 seconds.
- Slowly return to upright position.
- Repeat 10 times.

Heel Raises



- Stand with weight even on both feet.
- Slowly raise heels up and down.
- Repeat 10 times.

Straight Leg Raises



- Lie on your back with one leg straight and one knee bent.
- Tighten abdominal muscles to stabilize low back.
- Slowly lift leg straight up about 6 to 12 inches and hold 1 to 5 seconds.
- Lower leg slowly.
- Repeat 10 times.

[Top of page](#)

Intermediate Exercise Program

Single Knee to Chest Stretch



- Lie on your back with both knees bent.
- Hold thigh behind knee and bring one knee up to chest.
- Hold 20 seconds.
- Relax.
- Repeat 5 times on each side.

Hamstring Stretch



- Lie on your back with legs bent.
- Hold one thigh behind knee.
- Slowly straighten knee until a stretch is felt in back of thigh.
- Hold 20 seconds.
- Relax.
- Repeat 5 times on each side.

Advanced Exercise Program

Hip Flexor Stretch



- Lie on your back near edge of bed, holding knees to chest.
- Slowly lower one leg down, keeping knee bent, until a stretch is felt across top of the hip/thigh.
- Hold 20 seconds.
- Relax.
- Repeat 5 times on each side.

Piriformis Stretch



- Lie on back with both knees bent.
- Cross one leg on top of the other.
- Pull opposite knee to chest until a stretch is felt in the buttock/hip area.
- Hold 20 seconds.
- Relax.
- Repeat 5 times each side.

***This exercise regimen was created and compiled by the American Academy of Orthopaedic Surgeons.**