

### Symptoms

- ✓ Pain is worst in the lower back and may spread to buttocks or legs.
- ✓ Pain is always intermittent.
- ✓ Pain is worse when bending backward and when standing or walking for extended periods.
- ✓ Pain may be eased by bending forward or sitting.

### Positions and Exercises

The following positions and exercises can be done at home to rest your back and reduce pain. Your health care provider will check the boxes next to the positions and exercises recommended for your condition.



#### “Z” Lie:

- Lie with back flat on floor, head supported by a pillow.
- Put feet on a chair with knees bent at more than a 90° degree angle. (May support buttocks with a pillow.)

Rest for \_\_\_ minutes every \_\_\_ hour(s).



#### Knees to Chest:

- Lie on back with knees bent and feet flat on the floor
- Slowly, bring knees up towards chest. Bringing the legs up one at a time makes it easier.
- Wrap arms behind knees and pulling toward chest.

Hold for \_\_\_ minutes every \_\_\_ hour(s).



#### Sitting Flexion:

- Sit with feet flat on the floor, about hip-width apart.
- Lean forward to rest stomach on lap. Allow arms and head to hang near feet.
- With hands on knees, use arms to raise upper body.

Hold for \_\_\_\_\_ seconds.

Do \_\_\_\_\_ repetitions.

## Other Care Information

Progress to these exercises at your health care provider’s recommendation.



**Trunk Flexion Stretch (sustained flexion):**

- Kneel on hands and knees.
- Tuck in chin and arch back.
- Slowly sit back on heels, dropping shoulders towards floor.

Hold for \_\_\_\_ seconds, then relax.  
Do \_\_\_\_ repetitions.

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**Knees to Chest Stretch:**

- Lie on back with knees bent and feet flat on floor.
- Raise one knee to chest and slowly raise the other to meet it. (Use hands to lift knees if necessary.)
- Place hands around knees and pull gently to chest. Press back firmly against floor by flexing stomach muscles.

Hold for \_\_\_\_ seconds, then relax.  
Do \_\_\_\_ repetitions.

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Your health care provider may recommend other exercises and stretches.

Please see **General Recommendations for Maintaining a Healthy Back: Patient Information.**

- When standing up, reduce unnecessary load on the spine by using your arms on your thighs to push your upper body into an upright position.
- **Avoid extension:** Do not bend your back backwards. This may cause more pain.



## Comments

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