

# EXERCISES for Low Back Pain

Lie on your back with your knees bent. Now move one knee as far as you can toward your chest and at the same time straighten out the other leg. Go back to the original position with both knees bent, and repeat the movements, switching legs. Relax and repeat the exercise.



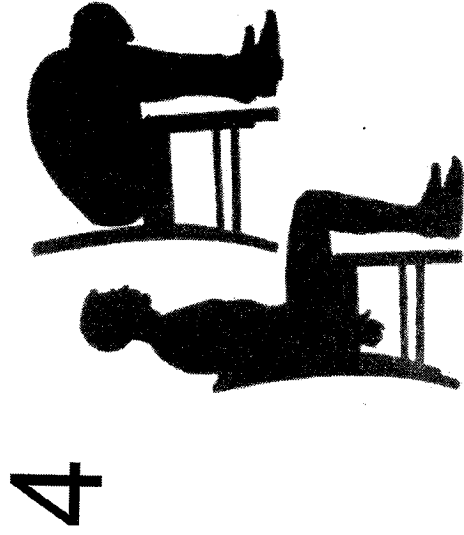
Lie on your back with your knees bent. Now bring your knees up to your chest, and with your hands clasped pull your knees toward your chest. Hold for a count of ten, keeping your knees together and your shoulders flat on the mat. Repeat the pulling and holding movement three times. Relax and repeat the exercise.



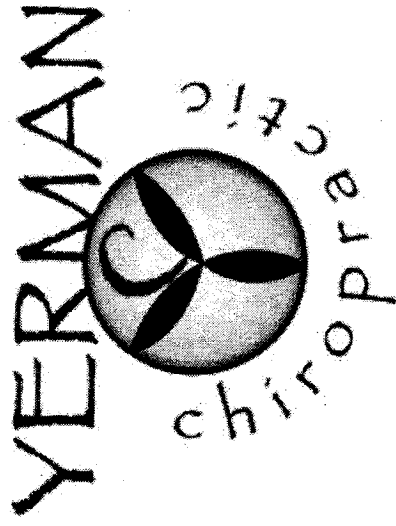
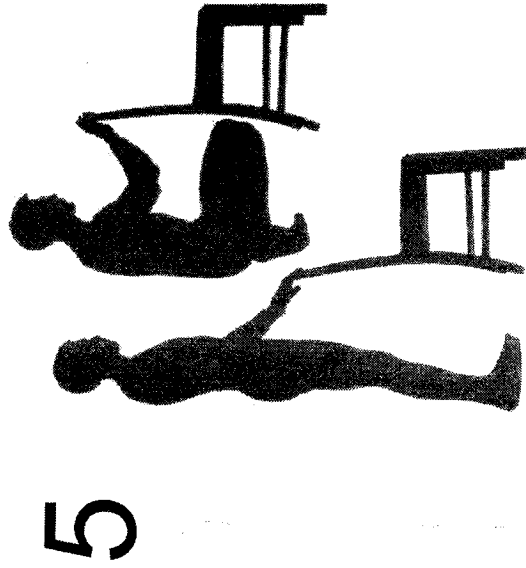
Relax on your back with your knees bent. Now tighten the muscles of your lower abdomen and your buttocks at the same time so as to flatten your back against the mat. This is the flat back position. Hold the position for a count of ten. Relax and repeat the exercise.



Sit on a hard chair. Let your body drop until your head is down between your knees. Pull your body back up into a sitting position while tightening your abdominal muscles. Relax and repeat the exercise.



Stand erect while holding onto a table or chair. Squat down, straighten up again, relax, and repeat the exercise.



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Do's and Don'ts  
and Exercises for  
Low Back Pain

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# DO'S AND DON'TS FOR LOW BACK PAIN

**SITTING:** Use a hard chair and put your spine up against it. Try to keep one or both knees higher than your hips. A small stool is helpful here. For short rest periods, a contour chair offers excellent support.

**STANDING:** Try to stand with your lower back flat. When you work standing up, use a footrest to help relieve swayback. Never lean forward without bending your knees. Ladies take note: shoes with moderate heels cause less strain on the back than those with high heels.



**DRIVING:** Get a hard seat for your automobile and sit close enough to the wheel while driving so that your legs are not fully extended when you work the pedals.

**LIFTING:** Be sure you lift properly. Bend your knees and use your leg muscles to lift. Avoid sudden movements. Do not try to lift anything heavy over your head.



**WORKING:** Don't overwork yourself. If you can, change from one job to another before you feel fatigued. If you work at a desk all day, get up and move around whenever you get the chance.

**SLEEPING:** Sleep on a firm mattress. Do not sleep on your stomach. If you sleep on your back, use a cervical pillow and/or put a pillow under your knees. If you sleep on your side, keep your legs bent at the knees and at the hips.



## Low Back Pain

# INSTRUCTIONS

Don't overdo exercising, especially in the beginning. Start by trying the movements slowly and carefully. Don't be alarmed if the exercises cause some mild discomfort which lasts a few minutes. But if pain is more than mild and lasts more than 15 or 20 minutes, stop and do no further exercises until you see your doctor.

Do the exercises on a hard surface covered with a thin mat or heavy blanket. Put a pillow under your neck if it makes you more comfortable. Always start your exercises slowly, and in the order marked, to allow muscles to loosen up gradually. Follow the instructions carefully; it will be well worth the effort.

Do \_\_\_\_\_ repetitions of each exercise \_\_\_\_\_ times a day.