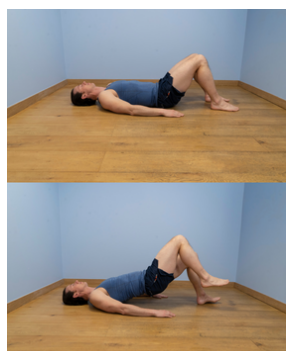


# Low Back Pain and Sciatica Advanced Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



## 1. Bridge with leg lift

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- From this position lift one leg slightly off the floor and return.
- Repeat on the opposite side.
- Try and keep the pelvis still.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**



## 2. Plank with leg lift

- Lie on your front.
- Keeping your knees on the floor lift up onto your elbows.
- From this starting position lift one leg 2-3 inches off the floor. Place back down and then repeat on the other leg.
- Try to keep the hips/pelvis still at all times.
- If this is too difficult you can perform the same exercise with the knees on the floor.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**



## 3. Deadlift

- Stand upright with feet hip-width apart, a slight knee bend and a weight held in both hands.
- Engage the abdominal region and in a controlled manner, bend forward at the hips trying to keep your back straight. Do not let your knees bend further. Let your hips press out backwards.
- Go down as far as you feel comfortable or until your back starts to round.
- Come back up to standing and repeat.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 3 times.**