

# Mechanical Back Pain 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 3/10 whilst completing this exercise programme.



## 1. Forward Bending and arching in standing

- Start standing upright.
- Place your hands on your thighs.
- Slide your hands down your legs allowing you back to bend as you do.
- Go down as far as you feel comfortable and then slowly return to standing.
- Now continue until you arch backwards moving the hips forwards as you do.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



## 2. Plank with leg lift

- Lie on your front.
- Lift your hips up into a position where your toes and elbows are in contact with the floor and there is a straight line through your back and legs.
- From this position, lift the legs alternating one at a time a few inches off the floor.
- Try and keep your hips still.
- Note: If this is too difficult, start with your knees still in contact with the floor.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 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 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**