

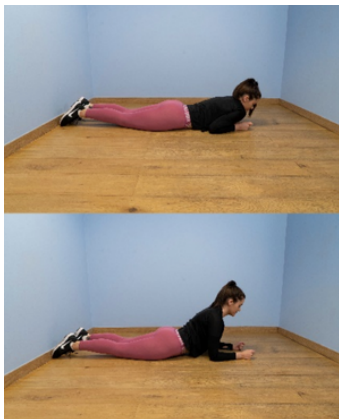
Mechanical Back Pain Intermediate Programme

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 your 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. Lumbar extensions

- Lie on your front on the floor or in bed.
- Put your elbows underneath your shoulders.
- Push up on your elbows to raise your shoulders and upper body off the floor.
- Try not to allow your hips to raise up off the floor.
- Push up as far as you feel comfortable, and pain and stiffness allow.
- **Hold for 30 seconds, rest for 1 minute.**
- **Repeat routine 10 times.**



3. Neural stretch in lying

- Start lying on your back with legs out straight.
- Lift one leg up so that the thigh is vertical and grab hold of the back of your leg.
- Now gently pull the toes towards you on the leg you are holding and try to straighten the knee.
- Hold for 2 seconds at the top and then allow your knee to bend before repeating.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.