

FEBRUARY 24, 2021



# DEBUNKING YOUR BACK PAIN

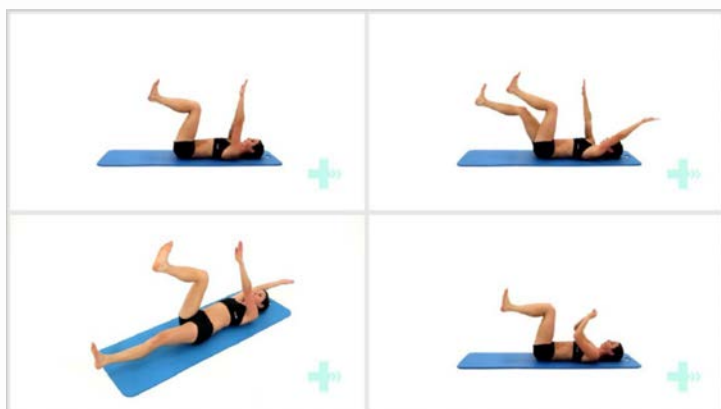
13 EXERCISES TO  
**DEBUNK**  
YOUR BACK PAIN



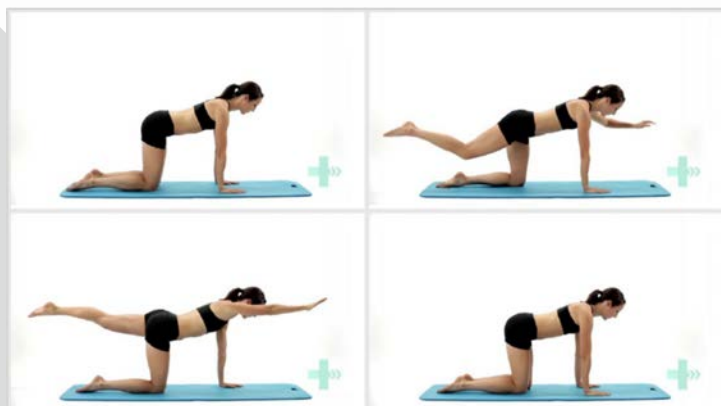
**EASTHILL**  
PHYSIOTHERAPY  
+ ACUPUNCTURE

**1****"PLANK (LOW)"  
CORE/SCAPULAR STRENGTHENING ISOMETRIC****3 SETS / 4 REPS / 15 S HOLD**

- Lie on your front with your toes on the floor.
- Place your forearms on the floor and push up, lifting your torso and legs.
- Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.
- Keep your buttocks squeezed and your hips level.
- You will feel the core muscles working.

**2****"DEAD BUG"  
CORE/ABDOMINAL STABILIZATION****3 SETS / 10 REPS**

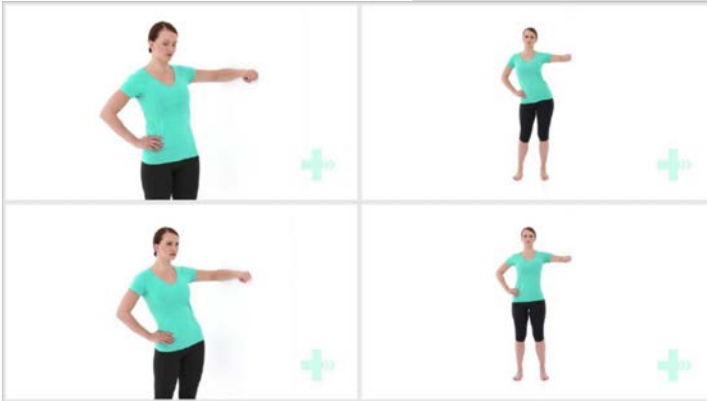
- Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.
- Raise your arms straight up vertically over your head.
- Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.
- Do not allow anything else to move and make sure your back stays flat on the floor.
- Return to the start position and repeat with the other pair.

**3****"BIRD DOG"  
CORE/ABDOMINAL STABILIZATION****3 SETS / 10 REPS**

- Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
- Tighten the abdominal core muscles.
- Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.
- Do not allow your body or hips to rotate.
- Repeat on the other side.

## 4

### HIP/PELVIS/LUMBAR LATERAL SHIFT IN STANDING, ARM 90/90 ON WALL



#### 3 SETS / 10 REPS / 1 S HOLD

- Stand up straight sideways to a wall.
- Place one arm high up on the wall and the other on your hip.
- You may find it helpful to perform this movement in front of a mirror.
- Using your hands as a guide, move your hips towards the wall, ensuring you do not bend away in the other direction with your body.
- Your pelvis and shoulders should remain level, with your head and chest still directly above your feet.
- Hold this position before you return to the starting position.

## 5

### "PRONE PRESS UP" TRUNK EXTENSION PASSIVE

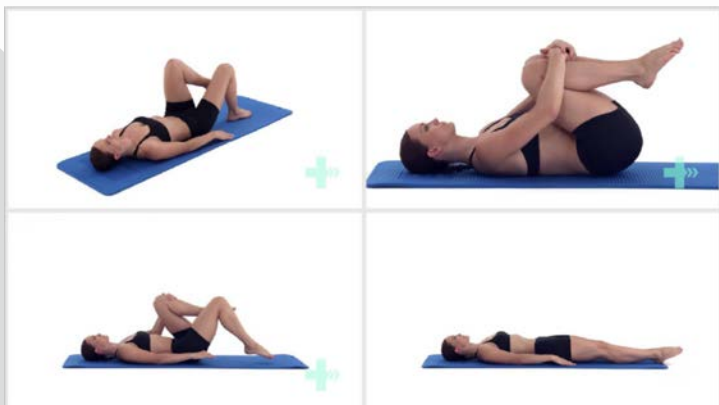


#### 3 SETS / 10 REPS / 1 S HOLD

- Start face down on a mat.
- Bend the elbows and bring your hands under your shoulders.
- Push your upper body up into an extended position.
- Keep your hips and thighs on the floor at all times.
- Squeeze the buttock muscles throughout the duration of this exercise.
- Hold this position.

## 6

### "KNEE HUGS" HIP/LUMBAR EXTENSORS STRETCH (BILATERAL), SUPINE



#### 3 SETS / 10 REPS / 15 S HOLD

- Lie on your back.
- Draw one foot up and then the other.
- Bring one knee in towards your chest and then the other, using your hands for assistance to curl yourself into a ball.

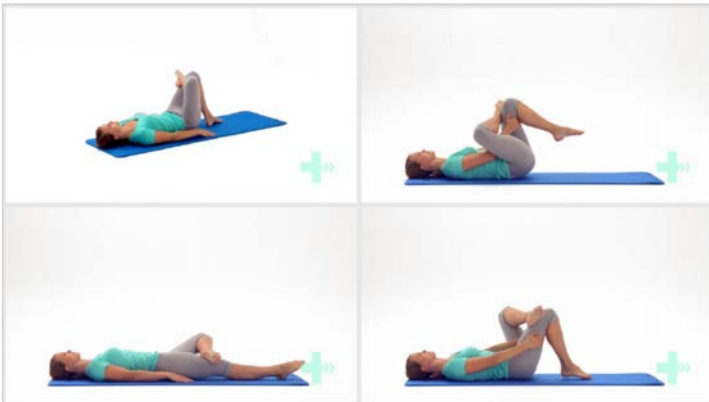
## 7 "CAT AND CAMEL" TRUNK FLEXION/EXTENSION AROM, QUADRUPED



**3 SETS / 10 REPS / 1 S HOLD**

- Start on your hands and knees with your back in a neutral position.
- Arch your back, lifting your head up and pushing your tailbone out, making a dish with your spine.
- Hold this position.
- Next, bend your back up by tucking your head and tailbone in and pulling your belly button in towards your spine, making a curve through your back.
- Hold this position, and then repeat.

## 8 "FIGURE 4" PIRIFORMIS/GLUTEALS STRETCH, SUPINE



**1 SET / 4 REPS / 15 S HOLD**

- Lie on your back and bend your affected knee.
- Cross this leg over your other knee, placing the outside of your ankle just above the knee of your good leg.
- Let the knee on your affected leg drop out to the side, and bend the good leg, sliding your heel towards your buttocks.
- You may feel a stretch through your affected buttock.
- To increase this stretch, interlace your fingers behind the thigh of your good leg, and pull your thigh in towards you, lifting the foot off the ground.
- To increase this stretch further still, push your elbow into the thigh of your affected leg.
- Hold this position.

## 9 SACROILIAC JOINT SELF MOBILIZATION SHIFTING SIDE TO SIDE, CHILD'S POSE



**1 SET / 4 REPS / 15 S HOLD**

- From the neutral position, tuck the pelvis in pulling gently through the tummy to flex the spine.
- Push through the shoulder blades, look at your belly button, then gradually bend the knees to sit down on your heels.
- In this position gradually rock over one leg and over the other.
- Use your breathing to find the best rhythm.
- Exhale as you reach over to one side and inhale as you come back to the centre.
- Coming back to a neutral position, inhale and push your shins into the floor to come back up to the start position.

**10****"KNEE HUGS" HIP/LUMBAR EXTENSORS STRETCH  
END RANGE OSCILLATIONS, SUPINE****1 SET / 4 REPS / 10 S HOLD**

- Lie on your back with your legs straight.
- Use your hands to hug your affected leg towards your chest. You may wish to place your hands behind your thigh or on your shin.
- Hug your knee in towards your chest until it feels a little tight.
- Gently bounce your knee in and out in this position.
- You can increase the size of the bounce as the stretch starts to ease.

**11****"NEURODYNAMICS" SCIATIC NERVE, SLUMP SITTING  
LIFTING/POINTING TOES****1 SET / 10 REPS**

- Sit in a chair.
- Round your back and lower your head so your weight is down through your tailbone.
- Slowly begin to straighten your affected leg out until you reach the point of tension in the nerve.
- Do not push any further than this point.
- Holding your knee in this position, raise your head up whilst moving your toes in towards you, then lower your head back down and point your toes as you do so.
- Perform the movement fluidly.

**12****"NEURODYNAMICS" SCIATIC NERVE, SUPINE  
POINTING TOES****1 SET / 10 REPS**

- Lie on your back.
- Bend your affected leg in towards you until you can clasp your hands together behind your thigh.
- Hold this position with your leg supported in your arms and slowly straighten out your knee until you reach the point of tension.
- Do not push further past this point.
- Lower your foot slightly and lift your head to your chest and then relax your head back as you raise your foot again.
- Perform this exercise in one fluid movement.
- Relax and repeat.

# 13

## "NEURODYNAMICS" FEMORAL NERVE BENDING KNEE/LIFTING HEAD, PRONE

**1 SET / 10 REPS**



- Lie on your front with your forehead relaxed on your hands.
- You may wish to place a pillow under your hips depending on the severity of your pain.
- Bend the knee on your affected leg, moving your heel towards your buttock. Reach the threshold point where you start to feel your pain.
- Once you reach this point, slowly lower your leg back down a little whilst simultaneously lifting your head up.
- Repeat this movement, bending your knee as you lower your head back down.



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**REPAIR. RESTORE. REBUILD.**

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