

② When your pain is more manageable:

It is normal for pain to go up and down as long as it stays manageable, it is safe to remain active and exercise

- ☐ Modify work as needed
- ☐ Break up standing/walking with sitting breaks
- ☐ If standing for long periods put one foot up on a step stool
- ☐ Stay active and include endurance exercise– walk with a slight lean forward, treadmill on an incline, aquafit, bicycle – 3-5 times per week, 10-30 minutes
- ☐ Try the positions and exercises below (*for descriptions, videos, and more exercises go to www.lowbackrac.ca*)

Strengthening Exercises: 3 times per week, at least 10-15 repetitions



Pelvic Tilt Beginner – Relax hips, pull bellybutton in to flatten low back to floor



Pelvic Tilt Progression – Start with pelvic tilt, then hold bellybutton in as lift one leg up and down slowly



Crunch – pull belly button in, lift head and shoulders to look at knees
Option: support head with hands



Dead Bug Start Position – pelvic tilt first, lift arms & legs as shown



Dead Bug end Position – lower opposite arm and leg while keeping pelvic tilt, return to start position



Single Leg Flexion – Lying



Single Leg Flexion – Sitting



Clamshell Beginner – pelvic tilt first, feet together. Open knees without top hip rolling back or forward



Clamshell – progression with band around thighs

*** If any exercise makes your pain much worse, and the pain lasts longer than 30 minutes after, change how you do the exercise (do less or make movement smaller) or try a different exercise to see what works best for you. The key is to keep moving in a way that does not make things worse.*