



Castle Clinic

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Exercise plan: Exercises for back pain and stiffness



Single Leg Knee Hug

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.

Hold for 15-20 seconds, repeat 3 times, rest for 15 seconds, 1-2 times daily, 7 times weekly, Both sides



Double Leg Knee Hug

Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.

Hold for 15-20 seconds, repeat 3 times, rest for 15 seconds, 1-2 times daily, 7 times weekly

Child's Pose

Kneel down on the mat, and rest your buttocks on your heels. As you keep your buttocks on your heels, roll forwards and slide your arms forward creating a gentle stretch and lengthening in your back. Please avoid this exercise if you have bad knees.

Hold for 20-30 seconds, repeat 3 times, rest for 15 seconds, 1-2 times daily, 7 times weekly



Lumbar Rotation

Lie on a bed or floor. Bend your knees and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

Repeat 3 x10 times, rest for 20 seconds, 1-2 times daily, 7 times weekly, Both sides



Glute Stretch

Lie on your back, and bring your knee towards your opposite shoulder to feel a stretch in your bottom. Tip: changing the angle you take the leg will change the position of the stretch and you can play around with the position to find the stretch that feels most effective for you.

Hold for 15-20 seconds, repeat 3 times, rest for 20 seconds, 1-2 times daily, 7 times weekly, Both sides



Here are some simple back exercises that can be a great first aid if you are struggling with back pain or stiffness.

Please stop any exercises that cause you pain. Get well soon!