

Back Pain

Home Exercise Program



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Treatment

Initial treatment for back pain includes the following easy to remember acronym, LUSKIN:

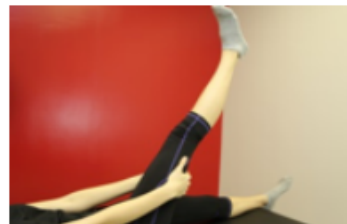


Stretching

1. **Single Knee to Chest Stretch** - Lie on your back with one knee bent. Hold thigh behind knee and bring one knee up to chest. Hold 30 seconds. Relax. Repeat three times on each side.



2. **Hamstring Stretch** - Lie on your back and bring affected leg towards your chest. Grab the back of your thigh and try to extend your leg. Hold this position for 30 to 60 seconds, feeling a stretch in the back of your thigh. Repeat three times. You may also try this with a towel around your foot if it is more comfortable.



* Do not perform if stretch increases symptoms

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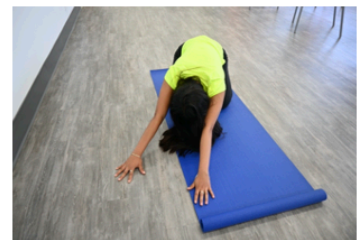
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3. **Extended Child Pose** – Begin sitting on your heels with your toes together underneath you and your knees apart. Then fold your body forward over your thighs, reaching your arms overhead. Your hands, forearms and forehead rest on the ground. Tip: keep your hips as close to your heels as possible while reaching your arms forward. Hold for 30 seconds. Repeat the stretch by reaching both arms forward and over to the right while shifting your hips slightly to the left. Hold for 30 seconds. Repeat again on the opposite side (hands reaching towards the left and hips shift slightly to the right)..



4. **Cat Cow** - Start on your hands and knees. While breathing, slowly in round your back like a scared cat and hold for 1-2 seconds. While breathing out, arch your back to cow position. These should be slow gentle movements. Repeat this cycle 10 times.



5. **Pelvic Tilts** - Lie on your back with both knees bent and feet planted on the floor. Gently tuck your buttocks under and front of hips slightly up and think of pulling your belly button in towards your back as you do this. Hold for 10 seconds and repeat 10 times.



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6. **Heel Raises** - While standing, on the floor or on a small step balance yourself on both feet and hold onto a wall for balance. Rise up on your toes, hold for five seconds, and then lower yourself back down. Repeat 10 times, and do 3 sets of 10. Once you are comfortable with this, try on one leg. 3 sets of 10.



7. **Opposite Arm and Leg** - Lie down facing the floor. You may use a rolled up towel under your forehead for comfort. Lift up the opposite arm and leg two inches above the floor. Hold this position for five to ten seconds. Repeat 10 times on each side. Do three sets.



8. **Dead Bugs** - Lie on your back and place both hands under your buttocks. Bring both legs up to point to the ceiling with knees slightly bent. Gently lower one leg towards the ground then slowly back up. Try to keep your lower back on the floor. Repeat with opposite leg. Complete 3 sets of 10.

