

# Low Back Pain Home Exercise Program

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View at "www.my-exercise-code.com" using code: FHFN8RL

Fit Stop Physical Therapy 172 N East Promontory Farmington, UT (801) 934-3975 www.fitstoppt.com



Repeat 3 Times Hold 20 Seconds Perform 3 Time(s) a Day

#### LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.



Repeat 10 Times Hold 3 Seconds Complete 3 Sets Perform 1 Time(s) a Day QUADRUPED ALTERNATE ARM AND **LEG** 

While in a crawling position, slowly draw your leg and opposite arm upwards.

2



PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat 3 Times Hold 20 Seconds Perform 3 Time(s) a Day



Repeat 3 Times Hold 20 Seconds Perform 1 Time(s) a Day

### **PLANK**

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

3

## PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.



Repeat 3 Times Hold 20 Seconds Perform 3 Time(s) a Day

4

## **BRIDGING**



lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as shown.

Repeat 10 Times 3 Seconds Complete 3 Sets Perform 1 Time(s) a Day While lying on your back, tighten your