

Back or leg pain **WORSE** when bending backward, walking, or standing for long periods?

Things to Know & Do

① When your pain is severe:

- ✓ Continue activity as tolerated
- ✓ Modify your activities and include more rest breaks
- ✓ Change positions frequently (limit standing)
- ✓ Take frequent sitting breaks with standing, walking
- ✓ Avoid bending backwards and reaching overhead if it makes your pain worse
- ✓ Try the positions and exercises below (*for descriptions, videos, and more exercises go to www.lowbackrac.ca*)



Comfort Positions: hold 3-5 minutes



Sitting Flexion



Double knee to Chest

Pain Relieving Exercise: 10 times, 3-5 times per day



Cat Stretch into Flexion

*** If any exercise makes your pain much worse, and the pain lasts longer than 30 minutes after, then 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.*

Go to the nearest hospital emergency department if you have:

- New or worsening leg weakness
- Loss of feeling between your legs (groin or genital area)
- Unable to pee when you want to or NEW loss of control of your bowel and/or bladder



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

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