



Low Back Rehab Protocol

Most back pain is linked to minor sprains that can be very painful

Back pain does not mean your back is damaged, but rather sensitized

Awkward movements, poor sleep, poor lifestyle and stress can sensitize your back and pre-dispose you to injury. Most back injuries resolve in less than 6 weeks. A lot of back pain resolves in 7-10 days.

MRI/Xrays (especially in the first 6 weeks) are rarely needed, often they will not show the cause

Your back is strong. Permanent damage is rare

Moving/exercise gets your back stronger

Movements will be painful at first, but will get better the more you do

Move frequently throughout the day (at least 1x/hour)

Use heat to help relax sore muscles. Speak to your pharmacist about medication if necessary.

Consistent frequent exercise is the best way to promote recovery and decrease risk of re-injury. Aim to do these exercises daily, or at least 3x/week, If you are really sore, start with the mobility/stretching only.

A back sprain/strain can refer pain down into your glute, hip or thigh, but typically not below your knees. Signs of a back injury requiring urgent care include an injury associated with bowel/bladder incontinence, severe burning and/or tingling pain down both legs past the knee; paresthesia around the groin. Fortunately, this is extremely rare.

#getyourREPsIn



Mobility/Stretches

Hold stretches for 30 seconds.

Do 30 repetitions for each mobility exercise

Repeat throughout the day

Child's Pose

Preparation:

- Kneel on the floor, buttocks over heels. Feet together, knees apart

Execution:

- Stretch arms forward far as you can.
- Let head and trunk sag to the floor and hang heavy.
- You can also stretch more to one side if you'd like



Start in 4 point



Buttocks over heels, stretch arms

Four Point Trunk Flexion + Extension

Preparation:

- Start on hands and knees

Execution:

- Arch your back up to the ceiling as high as you comfortably can. Hold 3s.
- Arch your back the opposite direction as low as you comfortably can. Hold 3s.
- Do not arch up or down if it causes severe pain. Discomfort is fine



Start on all fours



Arch down



Arch up



Lumbar Rotation ROM

Preparation:

- Lie on back with feet flat on surface

Execution:

- Keeping knees together, drop knees out to the side
- Feel a gentle stretch in lower back
- Repeat each side



Knees together



Drop knees to one side



Return to start



Drop knees to other side

Knees to Chest | Double Leg

Preparation:

- Lay flat on your back with your knees bent

Execution:

- Draw both knees up to your chest as far as you can
- Wrap your arms around the fronts of your knees and gently pull, feeling for a stretch. Hold for 30s. Alternatively, rock your knees to your chest 30x.
- Relax back down



Wrap hands around knees



Pull knees to chest



Strengthening

Do each strengthening exercise for 30 repetitions. Hold the side plank for 30s. Add more time/reps to keep it challenging

Bird dog

Preparation:

- Start on hands and knees, hips and shoulders at 90°

Execution:

- Lift one arm straight out in front
- At the same time, lift opposite leg straight back. Hold for 3 s
- Do not over-extend your hip/leg.
- Place a kleenex box on the small of your lower back you will know if you've overextended your hip and rotated your spine as the kleenex box will fall



Start Position



Lift one arm straight out front and lift the opposite leg straight back



Return to start



Repeat on the opposite side

Side Plank | Forearm and Feet

Preparation:

- Position yourself on your side as shown
- Have your knees, hips and head in a straight line

Execution:

- Push up onto your elbow and lift hips off the floor



Start Position



Hold Plank



Curl up

Preparation:

- Lie on back with one leg straight
- The other leg is bent with the foot flat on the ground
- Position your hands underneath your lower back

Execution:

- Tuck your chin and lift your shoulder blades off the ground slightly
- Return to the start position in a controlled manner
- Switch leg positions after 15 reps
- #getyourREPsIn



*Hands underneath Lower
back*



*Tuck chin. Lift shoulder
blades*