

11 Low Back Pain Exercises Arranged in the Correct Clinical Progression

LOW BACK PAIN EXERCISE PROTOCOL

Evidence Based • Safe • Effective

GOAL: Reduce pain, improve mobility, build core stability, restore function and prevent recurrence.

PHASE	EXERCISE	HOW TO PERFORM	SETS / REPS	FREQUENCY	KEY POINTS
PHASE 1 PAIN RELIEF & MOBILITY (Week 0–2)  Goal: Reduce pain, improve flexibility and basic mobility	1 Pelvic Tilt 	- Lie on your back, knees bent. - Tighten abdominal muscles and flatten your lower back against the floor. - Hold and relax.	2–3 sets 10–15 reps Hold 5 sec	Daily	- Move slowly - Breathe normally - No arch in the low back
	2 Knee to Chest 	- Lie on your back. - Pull one knee toward your chest, keep the other leg straight. - Hold and switch.	2–3 sets 10 reps each leg Hold 10 sec	Daily	- Gentle stretch - Do not force - Stop if pain increases
	3 Cat–Camel 	- Start on hands and knees. - Arch your back (look up), then round your back (tuck chin). - Move slowly and smoothly.	2–3 sets 10–15 reps	Daily	- Pain free range - Move with breath - Improves spinal mobility
	4 Child's Pose 	- Sit back on heels. - Reach arms forward and lower your chest. - Hold and relax.	2–3 sets Hold 20–30 sec	Daily	- Relax your back - Gentle stretch - Deep breathing
PHASE 2 STRENGTH & STABILITY (Week 2–6)  Goal: Improve core strength, stability and endurance	5 Bird–Dog 	- Start on hands and knees. - Extend opposite arm and leg. - Keep spine neutral. - Hold and return.	2–3 sets 10–12 reps each side Hold 5 sec	3–4 times per week	- Do not twist - Engage core - Control the movement
	6 Bridge 	- Lie on your back, knees bent. - Lift hips up by squeezing glutes and core. - Hold and lower slowly.	2–3 sets 12–15 reps Hold 5 sec	3–4 times per week	- Keep spine neutral - Squeeze glutes - Do not overarch
	7 Side Plank (Modified) 	- Lie on your side, knees bent. - Lift hips off the floor. - Hold and return.	2–3 sets Hold 15–30 sec each side	3–4 times per week	- Keep body in a line - Engage core - Do not let hips drop
	8 Dead Bug 	- Lie on your back, arms toward ceiling. - Lower opposite arm and leg without arching back. - Return and switch.	2–3 sets 10–12 reps each side	3–4 times per week	- Keep lower back neutral - Move slowly - Great for core control
PHASE 3 FUNCTION & RETURN TO ACTIVITY (Week 6+)  Goal: Restore function, strength and prevent recurrence	9 Lunge 	- Step forward, lower hips down. - Keep knee aligned. - Push back and switch.	2–3 sets 10–12 reps each leg	3–4 times per week	- Keep back straight - Engage core - Do not let knee collapse inward
	10 Hip Hinge 	- Stand tall, slight bend in knees. - Hinge at hips, push hips back. - Return to upright.	2–3 sets 10–15 reps	3–4 times per week	- Keep spine neutral - Feel stretch in hamstrings - Great for daily activities
	11 Superman 	- Lie on your stomach. - Lift arms and legs. - Hold and relax.	2–3 sets 10–15 reps Hold 3–5 sec	3–4 times per week	- Strengthens back extensors - Do not overstrain neck

GENERAL GUIDELINES

- ✓ Warm up for 5–10 minutes before exercise
- ✓ Perform exercises in pain free range
- ✓ Progress gradually
- ✓ Consistency is the key
- ✓ Stop if pain increases or radiates

RED FLAGS – STOP & CONSULT

- Pain that spreads down the leg
- Numbness or tingling
- Weakness in leg
- Loss of bladder or bowel control
- Pain not improving with rest

KEY TAKEAWAY



Stay active, strengthen your core, improve your posture and follow this structured exercise program for a stronger, pain free back.



Better Assessment. Smarter Treatment. Greater Impact.

Move Better. Feel Better. Live Better.