

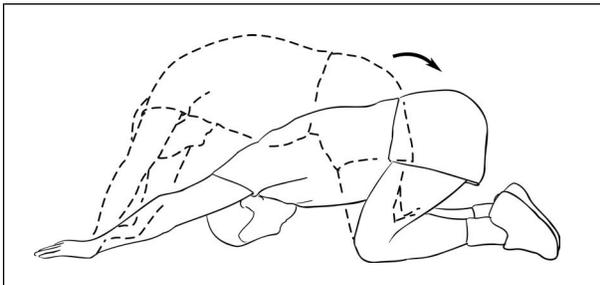
Exercise Program for: \_\_\_\_\_

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## HOME EXERCISE PROGRAM FOR ACUTE LOW BACK PAIN

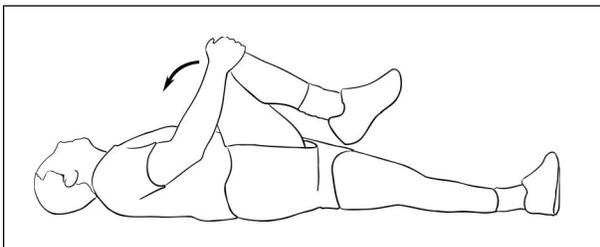
Perform the exercises in the order listed. Apply heat to the low back for 20 minutes before performing the exercises. If the pain worsens or if it does not improve after performing the exercises for 3 to 4 weeks, call your doctor.

Exercise Type	Muscle Group/ Area Targeted	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Cobra stretch	Low back	10 repetitions	Daily	3 to 4
Knee to chest	Low back	10 repetitions/3 sets	Daily	3 to 4
Side bridges	Quadratus lumborum	5 repetitions	Daily	3 to 4
Hip bridges	Hip extensors Low back extensors	5 repetitions	Daily	3 to 4



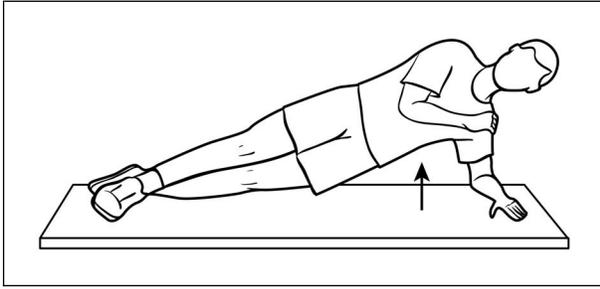
### COBRA STRETCH

Crouch on your hands and knees. First rock forward onto your extended arms, allowing your back to sag. Hold for 5 seconds. Then rock back and sit on your bent knees with your arms extended and your head tucked in. Hold for 5 seconds. Repeat 10 times.



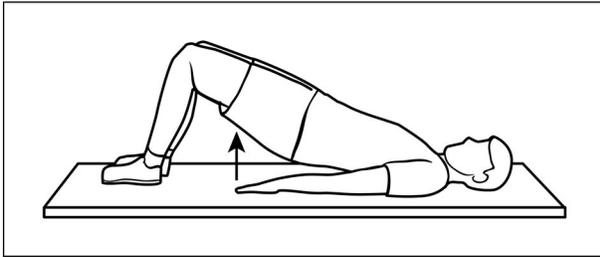
### KNEE TO CHEST

Lie on your back on the floor with your knees bent and your feet flat on the floor. Grasp one knee and bring it up to your chest as far as it will go. Then lower the leg back to the floor. Repeat with the other leg. Then do both legs together. Repeat this sequence 10 times.



## SIDE BRIDGES

Lie on your side on the floor. With your elbow bent at 90°, lift your body off the floor as shown, keeping your body straight. Hold the position for 15 seconds and then repeat on the other side. Perform 5 repetitions daily.



## HIP BRIDGES

Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor. Lift your pelvis so that your body is in a straight line from your shoulders to your knees. Hold this position for 15 seconds. Perform 5 repetitions daily.