

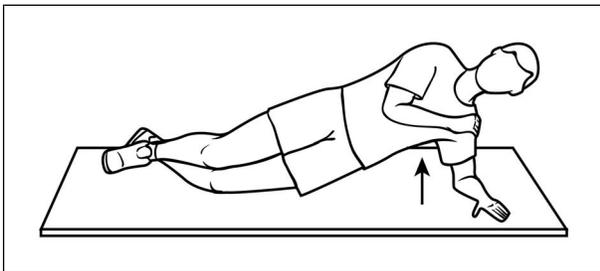
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR CHRONIC LOW BACK PAIN

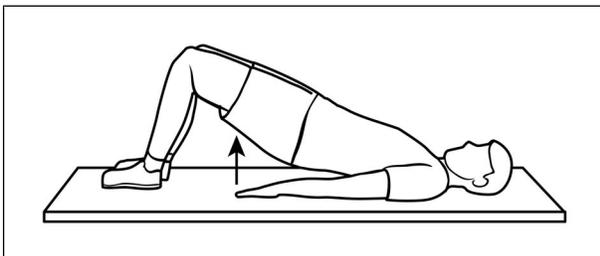
Perform the exercises in the order listed. Apply heat to the low back for 20 minutes before performing the exercises. You should not experience pain with the exercises. If the pain worsens or if it does not improve after performing the exercises for 3 to 4 weeks, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Modified side bridges	Quadratus lumborum	5 repetitions	Daily	3 to 4
Hip bridges	Back and hip extensors	5 repetitions	Daily	3 to 4
Bird dog	Back extensors	5 repetitions	Daily	3 to 4
Abdominal bracing	Abdominals	5 repetitions	Daily	3 to 4



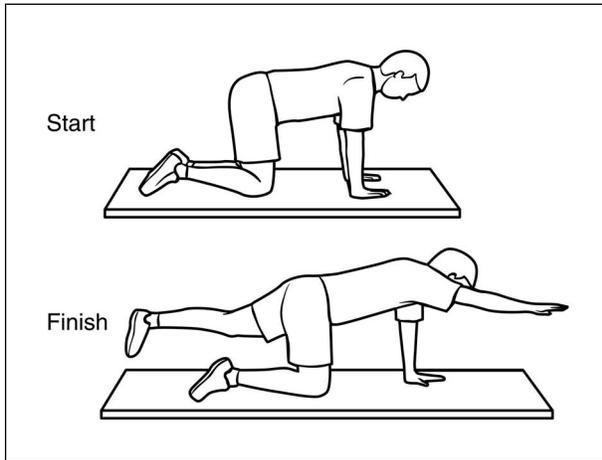
MODIFIED SIDE BRIDGES

Lie on your side on the floor with your knees bent. 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.



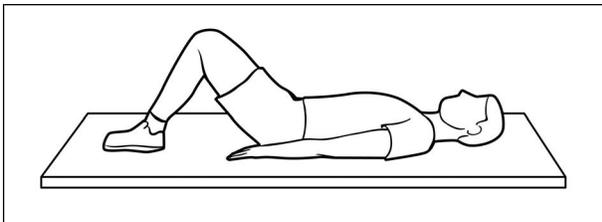
HIP BRIDGES

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.



BIRD DOG

Kneel on the floor on your hands and knees. Lift your right arm straight out from the shoulder, level with your body, at the same time you lift your left leg straight out from the hip. Hold this position for 15 seconds. Repeat with the opposite arm and leg. Perform 5 repetitions daily.



ABDOMINAL BRACING

Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor. Contract your abdominal muscles so that your stomach is pulled away from your waistband. Hold this position for 15 seconds. Perform 5 repetitions daily.