

Back pain

It may hurt when exercising

You should stop if pain is greater than 6/10

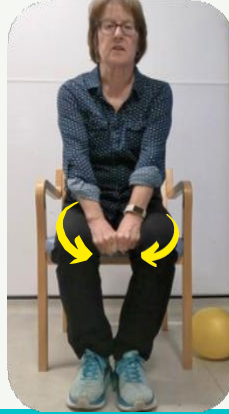
Try to repeat 5-10 times, 4 times per week



1



YOU CAN USE A BALL
OR TWO FISTS
TO CREATE RESISTANCE



Sit upright and clench your
buttocks and your core.

Squeeze an item between
your thighs.

2



HOLD THE PRESSURE FOR
5 SECONDS BEFORE
SWITCHING SIDES



Sit at the edge and
lift one leg up.

Use the opposite hand to press
on the knee of the leg that is up.

Push to create a resistance
between that knee & the hand.

3



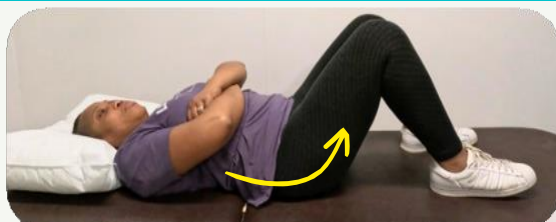
HOLD THE PRESSURE
FOR
5 SECONDS



The aim is to push the knees
outwards and apart against
resistance.

You may resist this motion with
your hands or by using a band
around your knees.

4



KEEP THIS MOVEMENT
SLOW AND DO NOT
GO TOO HIGH



Lay on your bed or on the floor
with your knees shoulder width
apart and bent half way.

Push through your heels whilst
clenching to raise the buttocks
up and off the surface.

SCAN HERE TO
WATCH THE
EXERCISE VIDEOS



<https://tinyurl.com/5x29xs9t>

Muscle, bone and joint pains are extremely common, and most problems resolve themselves without help from a healthcare professional, if you have a new pain which has been present for less than 6 weeks, the chances are it will go away with time and gentle movement. You should start these exercises today to speed up your recovery. Don't worry if you cannot complete all the exercises straight away. Do what you can.



Back pain can be worrying.
It can help if you better understand your pain.
Please watch our back pain education video!

scan QR code with camera phone and tap the link



Lower back and core Exercises
<https://tinyurl.com/5x29xs9t>



Information on back pain
<https://tinyurl.com/2s3bwjr9>

Please tell us, if you need your information in a different format and would like us to communicate with you in a particular way.

When your referral was reviewed today, there were no worrying signs or symptoms; this is good news and means that although we understand are struggling with your pain today, and that pain can be distressing, it should settle. You can continue to challenge yourself and improve your fitness with support from

<https://www.nhs.uk/conditions/nhs-fitness-studio>.

Please contact us if you feel this needs urgent attention or if your symptoms persist beyond 6 weeks and are not improving.