

Prepared for: _____

Prepared by: _____

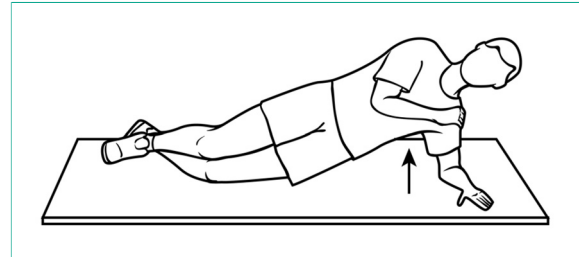
Home Exercise Program for Chronic Low Back Pain

- 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	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

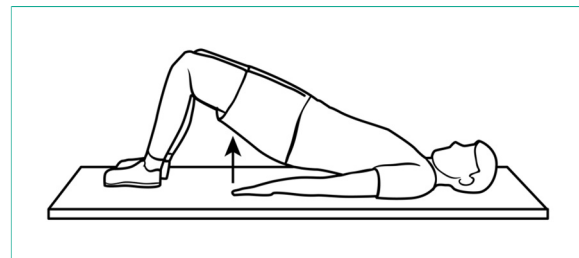
Modified Side Bridges

- 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 this position for 15 seconds and then repeat on the other side.
- Perform 5 repetitions daily, for 3 to 4 weeks.



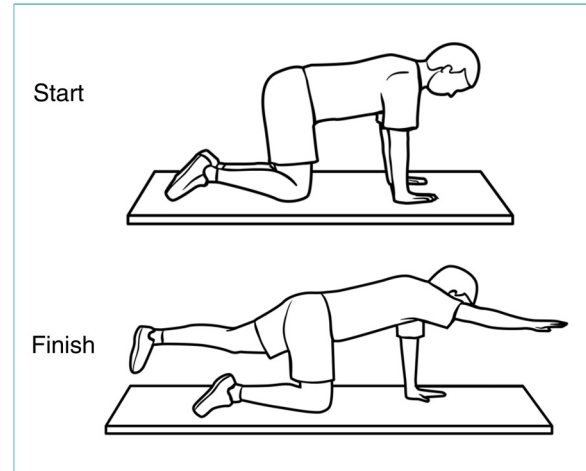
Hip Bridges

- 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, for 3 to 4 weeks.



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 that 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, for 3 to 4 weeks.



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, for 3 to 4 weeks.

