



Top Exercises for Low Back Pain

Supine Lower Trunk Rotation

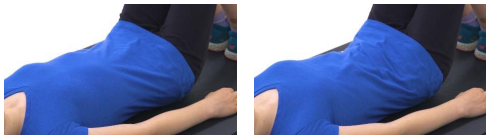


Setup: Begin lying on your back with your knees bent and feet resting on the floor.

Movement: Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip: Make sure that your back and shoulders stay in contact with the floor.

Pelvic Tilt



Setup: Begin lying on your back with your knees bent, feet resting on the floor or bed, and hands on your hips.

Movement: Slowly tilt your pelvis to flatten your back against the floor or bed, then tilt back to neutral, then tilt it to arch your back. Repeat these movements.

Tip: Make sure to concentrate your movements only on your pelvis.

Supine March



Setup: Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

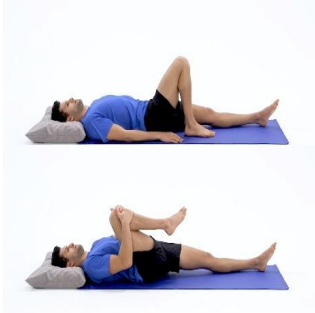
Movement: Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip: Make sure to keep your trunk stiff during the exercise and do not let your low back arch.



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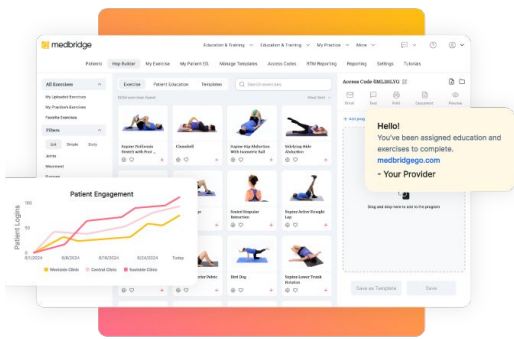
Supine Single Knee to Chest Stretch



Setup: Begin lying on your back with your legs straight

Movement: Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

Tip: Make sure to keep your back relaxed and flat on the ground during the stretch.



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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.