SIMPLE ADVICE FOR PATIENTS WITH LOW BACK PAIN

GENERAL RECOMMENDATIONS:

In order to maintain a healthy back, particularly in the lumbar region, the following recommendations should be observed:

1. **“Walk softly”**. Use footwear with shock-absorbing soles. This will prevent stress being transmitted to the back which may have a negative impact on your back pain.

2. **Adopt the correct position in everyday activities.**
   - **WORKING:**
     - Sit correctly. Whether on a chair or sofa, always keep your back straight and well supported.
     - Take care lifting heavy objects. Pick them up from the floor by flexing the knees and not the back, which should remain straight. When holding something heavy in your arms, do not twist the spine.

3. **Perform specific exercises for the lumbar region at least three days a week.**
Please ask your doctors first to see which exercises are good for you!

There are 2 types of exercises that are recommended to keep the lumbar region in good condition:

**STRETCHING**

These exercises are designed to keep the muscles properly elongated, preventing them from shortening.

1. Lying down face down: arch the back backwards, resting on your elbows or hands, depending on how far you are bending.

2. Lying face up: raise the knees to the chest, holding them with your hands. Keep them as close as possible to the body.

3. Lying face up: bend the legs maintaining the feet on the floor, from there let the legs fall to one side while turning the head to the other side.

* Day one: hold this position 5 sec., Day two: hold this position 10 sec., Increase each day until you have reached 20 sec.

**TONING**

1. Lying face up with legs bent and hands behind the neck: raise the head and shoulders from the floor.

2. Lying face down with a pillow under the stomach: raise one leg slightly from the floor and then back, repeat with the other leg.

3. “On all fours”. Extend the leg, lifting it backwards.

4. “On all fours” with the back straight. First curve the back by pulling in the stomach and then curve it downwards. Perform slowly.

5. Lying face up, legs bent, feet on the floor and arms along the body; raise the buttocks from the floor, stay up for 3 seconds and lower.

** Day one: do this exercise 3 times and rest. Day two: increase to 4 times. Increase one each day until you have reached 10.

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