



LOW BACK PAIN

Core stability & gentle strengthening

DAILY PLAN Move gently and stay in a comfortable range. Follow your clinician's specific instructions.
Stop if symptoms worsen. Seek urgent care for new weakness, loss of coordination, or bowel/bladder changes.

1 Abdominal brace



Lie on your back with knees bent. Gently tighten your abdomen as if bracing for a cough. Keep breathing. Hold 5 seconds; repeat 8–10 times.

2 Pelvic tilt



On your back with knees bent, gently flatten your low back toward the mat, then relax. Move slowly. Repeat 10 times.

3 Single knee to chest



Bring one knee toward your chest until you feel a gentle stretch. Keep the other knee bent. Hold 10–20 seconds; repeat twice per side.

4 Glute bridge



Tighten your abdomen and buttocks; lift hips only as high as comfortable without arching your back. Hold 3 seconds; repeat 8–10 times.

5 Bird dog



On hands and knees, extend opposite arm and leg while keeping hips level and back steady. Hold 3–5 seconds; do 6 per side.

6 Dead bug — heel tap



On your back, gently brace. Lower one heel to tap the floor, then return. Keep your back comfortable and steady. Do 6–8 per side.

7 Modified side plank



Lie on your side with knees bent and elbow under shoulder. Lift hips so shoulders, hips and knees align. Hold 5–10 seconds; repeat 3 times per side.

8 Chair sit-to-stand



From a sturdy chair, lean forward and stand using your legs; sit slowly with control. Keep a comfortable back position. Repeat 8–10 times.

WEEKLY PARTICIPATION CHECKLIST

Check each day you complete your prescribed routine.

MON

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TUE

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WED

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THU

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FRI

☐

SAT

☐

SUN

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