

# Extension Based Exercises

Perform one of the exercises below as able you can progress to a subsequent exercise. Symptoms should improve with the exercise. If it worsens in the legs (pain, numbness or tingling) discontinue the exercise. If symptoms decrease in the legs, continue the exercises. It is okay as to have local and temporary increase in low back pain.

# Prone (Lying on stomach)

**Position:** Laying flat on stomach with arms tucked under your chest

**Instructions:** Hold position and stay relaxed

**Timing:** 5 min

**Frequency:** 3-4x/day



# Prone on Elbows

**Position:** Laying flat on stomach with upper body support by elbows

**Instructions:** Hold position and stay relaxed

**Timing:** Hold 30 sec, repeat 10 times

**Frequency:** 1-4x/day



# Prone on Extension

**Position:** Laying flat on stomach with upper body support by elbows

**Instructions:** Extend back using arms making them as straight as you can

**Timing:** Hold 10 sec, repeat 10 times

**Frequency:** 1-4x/day



Extension exercise 3 of 3

# Quadruped hip (multifidus) lift

**Position:** On hands and knees with fold pillow under one knee

**Instructions:** Lift the knee and hip straight up to the ceiling in small movement without rotating the leg away

**Timing:** Hold 3-5 sec, repeat 10-15 times, 2-3 sets

**Frequency:** 1-4x/day



# Side Lying Back Stretch

**Position:** Lay on your side with top foot tucked behind your bottom leg

**Instructions:** Bring the top knee up until you feel a slight movement in the area where your back pain is. Use your bottom hand to hold your top knee in place. Allow the top shoulder to rotate backwards.

**Timing:** Hold 30 sec, repeat 3 times

**Frequency:** 1-4x/day





# Side Lying Back Stretch with Muscle Energy

**Position:** Lay on your side with top foot tucked behind your bottom leg

**Instructions:** Bring the top knee up until you feel a slight movement in the area where your back pain is. Use your bottom hand to hold your top knee in place. Place your top hand on your hip. Allow the top shoulder to rotate backwards. Push your hip up into your hand. The muscles around your back should contract. Relax and allow top shoulder to rotate more.

**Timing:** Contract 5s, relax 5s, 5x, 2-3 sets

**Frequency:** 1-4x/day

