

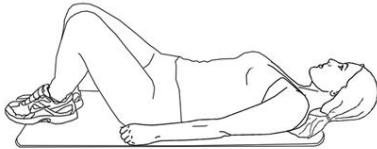
Exercise plan :
**5 Best Exercises For
Lower Back Pain**

Patient:
Julian Newhill

Date:
06th May 2026

Practitioner:
Julian Newhill

Stop if any exercises cause excessive pain. These are guidelines only and are not specific for all back conditions. Please consult your osteopath for further advice.



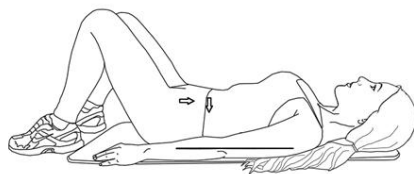
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Lumbar Rotation

Lie on a bed or floor. Bend your knees and keeping your feet flat on the bed or floor, rotate your knees to one side creating a rotation through your lower back. Only go as far as feels comfortable, 45 degrees (or 10 o'clock to 2 o'clock) is fine. Slowly return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

Sets 1 | Repetitions 10 | Days per week 5-7

Video: <http://youtu.be/UxORTXzuU9E>



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Pelvic Tilt | Pelvic Tuck Lying

Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.

Sets 1 | Repetitions 5 | Time 5secs | Days per week 5-7

Video: <http://youtu.be/44D6Xc2Fkek>



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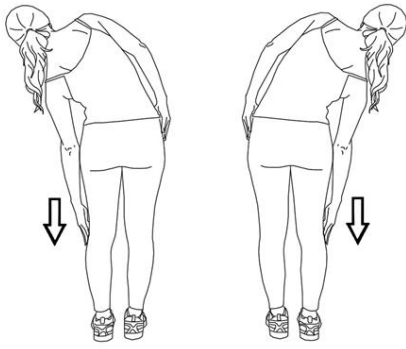
Chair Rotation

Sitting in an upright position, rotate your upper body by moving your hand towards the opposite side of the chair back-rest. You can let the head follow, but progress by keeping the head straight forwards, thus making the rotation stronger. This is a great exercise to do while sitting for long periods of time if you feel your back is getting stiff.

Sets 1 | Repetitions 10 | Days per week 5-7

Video: <http://youtu.be/BINhowQbyA8>

Lumbar and Thoracic Side Flexion Standing



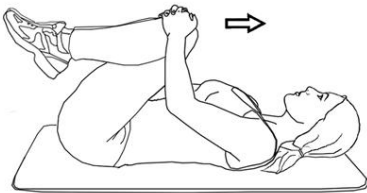
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Stand up straight, and bend to the side by running your hand down the outside of your leg. Keep the movement slow and fluid. Repeat to the opposite site. This is a good mobility exercise for the lower and upper back.

Sets 1 | Repetitions 10 | Days per week 5-7

Video: <http://youtu.be/dmstMtsbmYA>

Double Leg Back Stretch



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Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.

Sets 1 | Repetitions 5 | Time 15secs | Days per week 5-7

Video: <http://youtu.be/ZEz80zvUv4>