

Mechanical Lower Back Pain Pattern 1

drwilderman.com/mechanical-lower-back-pain-pattern-1/

Supine Lie

Lie on your back, your knees and head resting on pillows.

Rest for minimal amount once or twice a day.



Prone Lie

Lie on your stomach and use three pillows to support your hips. You may also support your head with a pillow. Lay on your stomach without any pillows if that feels best.

Rest for minimal amount once or twice a day.



Knees to Chest

- Lie on your back with your knees bent and feet flat on the floor.
- Slowly, bring your knees up towards your chest.
- Bringing the legs up one at a time makes it easier.
- Wrap your arms behind your knees and pull toward your chest.



Hold for minimal amount once or twice a day. Repeat up to twenty times if able.

"Z" Lie

- Lie with your back flat on the floor and support your head with a pillow. You may support buttocks with a pillow.
- Place your feet on a chair with knees bent at more than a 90 degree angle.

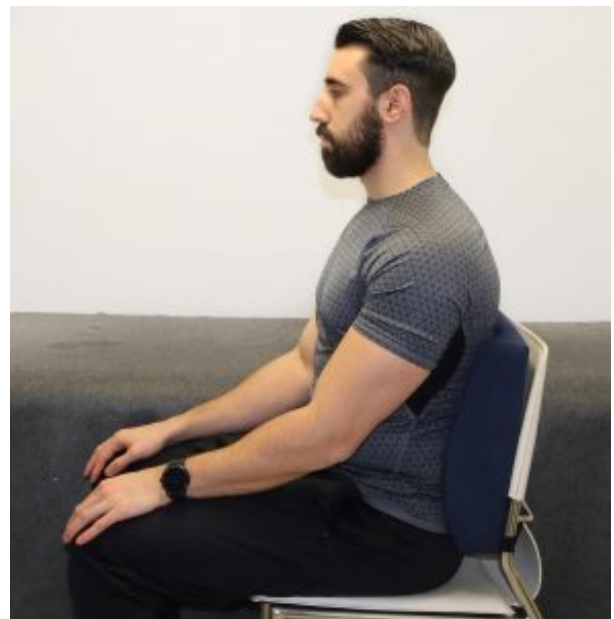
Rest for minimal amount once or twice a day.



Lumbar Roll – Sitting

Use a straight backed chair and lumbar roll to support curve of the back.

Rest for minimal amount once or twice a day.



Lumbar Roll – Night

Use a lumbar night roll under mid-back (OR between your hips and your ribs) when sleeping to support the curve of the back.



Sloppy Pushup

- Lie on your stomach with your hands on either side of your head.
- Keep lower body on floor and use your arms to slowly raise your upper body. Your hands may need to be positioned above your head to fully extend your elbows. Your pelvis should remain on the floor.
- Keep your back muscles relaxed.
- Move slowly up. Lock elbows. Sag back down. Do not hold the position. OR. Hold the position until tired.

