

Mechanical Lower Back Pain Pattern 2

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"Z" Lie

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

Rest for minimal amount once or twice a day.



Knees to Chest

- Lie on your back with your knees bent and your feet flat on the floor.
- Slowly, raise one knee to your chest and slowly raise the other to meet it. If comfortable, bring both knees up to chest.
- Wrap your arms behind your knees and gently pull both knees toward your chest.



Hold for a minimal amount once or twice a day.

Sitting Flexion

- Sit with your feet on the floor about hip-width apart.
- Lean forward to rest your stomach on your lap. Allow your arms and head to drop and hang between your knees.
- With your hands on your knees, use your arms to raise your upper body.

Hold for minimal seconds. Do minimal repetitions to start, complete a maximum of 20 repetitions.



Trunk Flexion Stretch (sustained flexion)

- Kneel on your hands and knees.
- Tuck in your chin and arch your back.
- Slowly sit back on your heels, dropping your shoulders towards the floor.

Hold for minimal seconds, and then relax. Do minimal repetitions to start, complete a maximum of 20 repetitions.



Knees to Chest Stretch

- Lie on your back with your knees bent and your feet flat on the floor.
- Raise one knee to your chest and slowly raise your other knee to meet it. Use your hands to lift knees if necessary.
- Place your hands around knees and pull gently to your chest. Press your back firmly against floor by flexing your stomach muscles.

Hold for a minimal amount of seconds, and then relax. Do minimal repetitions to start, complete a maximum of 20 repetitions.

