

# Mechanical Lower Back Pain Pattern 3

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[drwilderman.com/mechanical-lower-back-pain-pattern-3/](http://drwilderman.com/mechanical-lower-back-pain-pattern-3/)

## "Z": Lie

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



**Rest for a minimal amount once or twice a day.**

## Prone Lie

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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.**

## Prone Lie on Elbows

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- Lie face down on the floor or bed.
- Bend your elbows and relax.

**Rest for minimal amount once or twice a day.**



## Rest on Hands and Knees

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Kneel on your hands and knees on the floor or bed.

**Rest for minimal amount once or twice a day.**



## Lumbar Night Roll

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



## Lumbar Support When Sitting

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

**Rest for minimal amount once or twice a day.**

