

Mechanical Lower Back Pain Pattern 4

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Single Leg Abdominal Press

- Lie on your back with your knees bent.
- Keep your back in a neutral position and tighten your abdominal muscles.
- Lift one leg so your knee and hip are at a 90 degree angle.
- Press one hand against your knee while pushing against your hand. Keep your elbow straight.



Hold for a minimal amount of seconds.

Return to the starting position and repeat with your opposite leg. Do minimal repetitions to start, complete a maximum of 20 repetitions.

Pelvic Tilt

- Lie on your back, knees bent, arms on your chest or at your sides.
- Place your feet flat on the floor, hip-width apart, with your knees slightly closer together than your feet.
- Tighten your abdominal muscles.
- Press the small of your back against the floor, causing the front of your pelvis to tilt forward.



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

Sitting Flexion

- Sit with your feet flat on the floor, about hip-width apart.
- Lean forward to rest your stomach on your lap. Allow arms and head to hang near feet.

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



Cat and Camel

- Kneel on your hands and knees.
- Arch your back, letting your head drop slightly.
- Keep your abdomen and buttock muscles tightened.

Hold for a minimal amount of seconds.

Let your back sag toward the floor while keeping your arms straight and your weight evenly distributed between your legs and arms.

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





Partial Sit Up or Crunch

- Lie on your back with your knees bent, feet flat on the floor and your arms crossed over your chest.
- Using your lower stomach muscles, raise your head and shoulders slightly until shoulder blades are just off floor. You may not be able to get up this far at first.



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