

Exercises

The following are a few exercises aimed at improving the flexibility in your back.



Knee to chest

Lie on your back and pull one knee to your chest and hold it for 10 seconds. Repeat with the opposite leg.



Hamstring Stretch

Lie on your back and lift one leg up, keeping your knee straight and the other leg on the ground. Support the lifted leg by placing both hands behind the lifted thigh, knee, or calves. Hold for 10 seconds and repeat with the opposite leg.



Piriformis Stretch

Lie on your back. Create a figure of 4 with the right leg bent across your straight left leg. Use your left hand to apply a gentle pressure downward and hold for 10 seconds. Repeat with the opposite leg.



Calf Stretch

Stand facing the wall while placing both hands on the wall for support. Place one leg behind you, keeping the knee straight. The front leg will be bent slightly. Press your back heel down towards the ground. Hold for 10 seconds and repeat with the opposite leg. In people with osteoarthritis knee, knee should not bend over 90 degrees.

Back Pain



Abdominal muscles

- Lie on your back and bend both hips and knees. Cross your arms on your chest and use your stomach muscles to lift your neck and shoulders off the ground slightly. Hold the position for 5 seconds and rest.



- Lie on your back, bend both hips and knees. Lift one leg up, keeping your knee straight while tightening the stomach muscle. Hold this position for 10 seconds and rest then repeat with the opposite leg.



Bridge

- Lie on your back with both hips and knees bent and feet flat on the floor. While keeping your stomach and buttocks muscles tight, slowly raise buttocks off the floor. Hold the position for 10 seconds and rest.

Remark: Strong back, stomach, and leg muscles are good protection against low back pain. These exercises are the general guideline to protect the back pain. They may not suit for everyone. However, if you have an existing medical problem, remember to consult with your doctor or physical therapist before beginning any exercise routine.



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