Home Exercise Program for Acute Low Back Pain

- Perform the exercises in the order listed.
- Apply heat to the low back for 20 minutes before performing the exercises.
- If the pain worsens or if it does not improve after performing the exercises for 3 to 4 weeks, call your doctor.

<table>
<thead>
<tr>
<th>Exercise Type</th>
<th>Muscle Group/Area Targeted</th>
<th>Number of Repetitions/Sets</th>
<th>Number of Days per Week</th>
<th>Number of Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kneeling back extension</td>
<td>Low back</td>
<td>10 repetitions</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Knee to chest</td>
<td>Low back</td>
<td>10 repetitions/3 sets</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Side bridges</td>
<td>Quadratus lumbarum</td>
<td>5 repetitions</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Hip bridges</td>
<td>Hip extensors, Low back extensors</td>
<td>5 repetitions</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
</tbody>
</table>

**Kneeling Back Extension**

- Crouch on your hands and knees.
- First rock forward onto your extended arms, allowing your back to sag. Hold for 5 seconds.
- Then rock back and sit on bent knees with your arms extended and your head tucked in. Hold for 5 seconds.
- Repeat 10 times.
- Perform the exercise daily, for 3 to 4 weeks.

**Knee to Chest**

- Lie on your back on the floor.
- Grasp one knee and bring it up to your chest as far as it will go.
- Then lower your leg back to the floor.
- Repeat with the other leg.
- Then do both legs together.
- Repeat this sequence 10 times.
- Perform 3 sets daily, for 3 to 4 weeks.
**Side Bridges**
- Lie on your side on the floor.
- With your elbow bent at 90°, lift your body off the floor as shown, keeping your body straight.
- Hold this position for 15 seconds and then repeat on the other side.
- Perform 5 repetitions daily, for 3 to 4 weeks.

**Hip Bridges**
- Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor.
- Lift your pelvis so that your body is in a straight line from your shoulders to your knees.
- Hold this position for 15 seconds.
- Perform 5 repetitions daily, for 3 to 4 weeks.