

Acute Back Pain Exercises

Prior to the performance of these exercises apply heat in the form of a warm, moist towel for 10 minutes. If you have severe spasms, application of ice prior to these stretches may relieve your spasm.

Knee-Chest Stretching

SINGLE LEG

- Pull single leg to chest while opposite leg is straight.
- Hold for 20 seconds.
- Repeat 5 times.



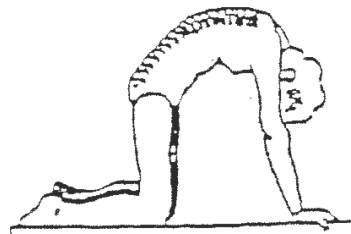
DOUBLE LEG

- Pull both legs to chest.
- Hold for 20 seconds.
- Repeat 5 times.



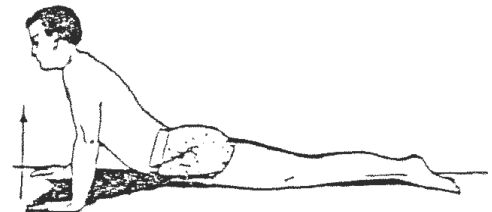
Catback

- While on all fours, arch back with head down while tightening abdominal and buttock muscles.
- Hold for 20 seconds.
- Repeat 5 times.



Press-Up Extension

- Lie on stomach in push-up position.
- Slowly raise upper body while keeping hips on floor.
- Relax the buttocks.
- Hold for 20 seconds.
- Repeat 5 times.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, Ho GWK, Lewis J. 100 Questions & Answers About Your Sports Injury. Sudbury: Jones and Bartlett Publishers 2008.

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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