

**Exercise plan :**  
**Acute Back Pain Protocol**  
**+ Advice**

**Patient:**  
**BHCC Patient**

**Date:**  
**24th Nov 2024**

**Practitioner:**  
**Max Atkinson**

Dear BHCC patient, please start the following exercise program. Please STOP any exercise that causes significant pain. Use an ice pack for 10 minutes over the problem area if there is any discomfort after exercising (do not use heat). Do not perform these exercises within 20 minutes of getting up or going to bed. If you have any questions with an exercise, just email us on: [enquiries@chiropractic-clinic.com](mailto:enquiries@chiropractic-clinic.com). Good luck and keep going! This protocol will be periodically reviewed by your Chiropractor. Kind Regards, Max Atkinson DC MRCC & Associates, Bradford House Chiropractic & Wellness Centre. Find us at: [www.chiropractic-clinic.com](http://www.chiropractic-clinic.com)



### Standing with Good Posture

Stand up straight. Ensure that your head does not drop forwards and keep your eyes on the horizon line. Your knees should be relaxed, and not locked back. Slightly tuck your bottom under and your tummy in. Keep your shoulders in a relaxed and back position, and place your hands by your side.

Video: <http://youtu.be/ToXlJxuFLmU>

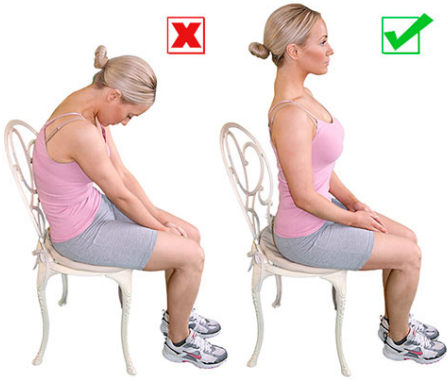


### Sleeping Position Side

If you find sleeping uncomfortable, try lying on your side, and place a pillow between your knees. If you have leg pain or one-sided lower back pain, usually you will find it more comfortable to lie on the opposite side to your leg/back pain. Do not sleep on the floor.

Video: <http://youtu.be/q0IKQxmT148>

## Advice On Sitting Correctly

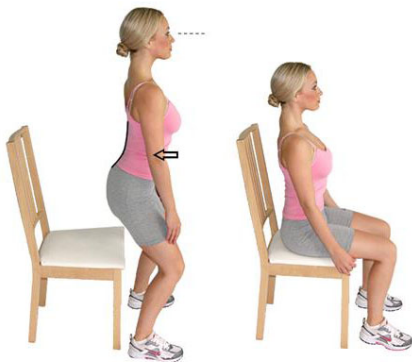


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When sitting on a chair: 1) Keep your eyes on the horizon. 2) Do not let your head drop forwards or down. 3) Do not let your shoulders drop forwards. 4) Do not let your upper back round. 5) Keep a gentle backward curve in your lower back.

Video: <http://youtu.be/V5TGzXUJlqo>

## Correct Way to Sit Down and Stand Up



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To ensure you sit down correctly, first contract the deep abdominal muscles by squeezing the stomach inwards. Next, lean forwards onto your feet and stick your bottom out slightly to maintain the natural curve in the lower back (known as the lordosis) and then bend the legs to squat down. Make sure you keep the eyes looking forwards, do not drop the chin. To stand up from sitting, do the opposite: first contract the abdominal muscles, then maintain the curve in the lower back, and push up from the legs.

Video: <http://youtu.be/z7Db6E3fgzk>

## Advice On Bending



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When you pick something up from the floor, ensure the following: 1) Go down on to one knee, or squat down. If you find it uncomfortable to go onto one knee, then put a pillow under your knee and use nearby objects such as a table or chair to support your arms. 2) Avoid bending over to make a bed, clean the bath, or wash your teeth. Think of ways to prevent bending, such as going on to one knee, or widening the legs to make a split-stance (this will drop your height several inches), or avoid picking things up from the floor unless completely necessary. 3) If you do have to bend, do not twist at the same time. 4) When bending you may find it useful to brace the stomach muscles by squeezing the abdomen inwards slightly.

Video: <http://youtu.be/5OPsQIPB300>

## Advice On Lifting



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When lifting: 1) Avoid lifting heavy objects. 2) Position your body square on to the object being lifted, never twist. 3) Bend your knees rather than your back. 4) Contract your deep abdominal muscles - one way to do this is to squeeze your stomach inwards and hold. 5) Keep the load close to your body to reduce the weight and lever-arm. 6) Do not twist when you put the weight back down.

Video: <http://youtu.be/0ytXllkLf7A>

## Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.



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**Hold for 30 secs, Repeat 1 times, Perform 3 times daily, Both sides**

Video: <http://youtu.be/lka-1VKjrew>

## Double Leg Back Stretch

Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.



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**Hold for 30 secs, Repeat 1 times, Perform 3 times daily, Both sides**

Video: <http://youtu.be/ZEz80zvUv4>

## Lumbar Rotation

Lie on a bed or a floor. Bend your knees, and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable (STOP when you feel the pelvis lift up on the side opposite to the direction that the knees are pointing), you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

**Repeat 5 times, Perform 3 times daily, Both sides**

Video: <http://youtu.be/UxORTXzuU9E>



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## Pelvic Tilt | Pelvic Tuck Lying

Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.

**Hold for 5 secs, Repeat 5 times, Perform 3 times daily**

Video: <http://youtu.be/44D6Xc2Fkek>



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## Tummy Vacuum

Position yourself on all fours, and make sure your hips, knees and shoulders are aligned to 90 degrees. Keep a gentle curve in your lower back. Draw your tummy upwards, towards your spine. While you are holding this position, try to breathe normally. You can also contract your pelvic floor muscles at the same time by squeezing around your pelvic organs, and drawing them gently up towards your belly button.

**Hold for 5 secs, Repeat 5 times, Perform 3 times daily**

Video: <http://youtu.be/vPQNERJUBIk>



## The Cat

Adopt the four point kneeling position. Place your hands directly underneath your shoulders, with your knees between your hips. Exhale as you tuck your pelvis underneath you, gently rounding your lower back. Continue this movement, allowing your upper back to round, followed by your neck, allowing it to nod slightly forward. Inhale and maintain this position. Exhale as you slowly flatten out your spine, sending your tailbone away from you, lengthening your spine and neck back to neutral.

**Hold for 5 secs, Repeat 5 times, Perform 3 times daily**

Video: <http://youtu.be/od-jBFCQFV0>



## Ice to the Lower Back (Supine)

Lying on your back, place an ice pack or pack of frozen peas under your lower back. Be careful that its not too cold, you may need to wrap it in a thin towel. Using ice can help reduce inflammation and pain.

**Hold for 10 mins, Perform 3 times daily**

Video: <http://youtu.be/bmzgeVGHRKs>