



Advice Sheet AS11: Care of the low back

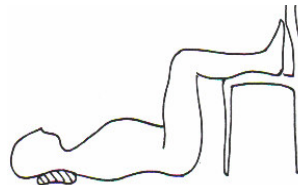
Lie supine onto a firm mattress or floor with a pillow supporting your neck and knees.



Lie onto your side with a pillow between your knees and under your head and neck.



For spinal relaxation or relief from back pain, you can adopt this posture.



It is important to maintain abdominal strength in order to reduce the possibility of lower back complaints.

Exercise to increase abdominal strength.

Whilst resting supine with both hands interlaced behind your neck and both knees bent. Gently raise your upper back 8 inches whilst breathing out, hold for a few seconds and then gently lower your back whilst breathing out to the resting position. Repeat five times.



Knee hugs

Whilst resting supine gently bring one knee to your abdomen, then the other knee and then both together. Repeat five times.



Calf stretch

Stand as shown in Left Diagram and breathe in deeply. Whilst exhaling bend your knee and adopt the position shown in Right Diagram.



Squats

Place both hands on to the floor. Both knees slightly bent with one leg placed behind the other as shown in Left Diagram. Gently bend your knees whilst moving forwards as shown in Right Diagram.

