



## Low Back Strengthening Exercises

These exercises will increase the strength of the muscles around your spine. Start gently and gradually build up over time. Stop the exercises if you feel any pain or discomfort during or afterwards.

If you have a previous back injury, spinal surgery or back fusions, speak to your physiotherapist for specific advice to ensure the exercises are safe for you.

### Wall Press

1. Stand facing a wall with your feet about hip width apart
2. Place your palms against the wall, about shoulder height
3. Tense your abdomen slightly and keeping looking forward
4. Slowly bend your elbows to move your body towards the wall
5. Hold for one breath, then slowly push back to the start position

Repeat 6 times in total, up to 2 times daily.

## Bridging

1. Lie on your back, bend both your knees and place your feet on the floor about hip width apart
2. Place your arms on the floor beside your body, palms facing down, to help with balance
3. Gently tense your stomach muscles to push your low back into the floor
4. Lift your pelvis off the floor until your knees, hips and shoulders form a straight line
5. Hold for two breaths, then slowly relax down to the start position

Repeat 3 times in total, up to 2 times daily.

## Four point kneeling

1. Kneel on an exercise mat on all fours, so your hands are lined up under your shoulders and your knees are under your hips
2. Keep your neck neutral (not arching up or dropping down)
3. Gently tense your stomach muscles, then slowly lift one hand about 1cm off the mat, while maintaining your balance
4. Place your hand back down, then repeat with the other hand and each knee in turn

Repeat 2 times per limb in total, up to 2 times daily.

*Advanced:* To make this exercise stronger, once you lift your hand off the floor try to stretch your arm out in front of you. For your knee, try to stretch the leg out behind you. The emphasis is on keeping the movements slow and controlled.