



LOW BACK PAIN: REHAB EXERCISES AND COMMON MYTHS

Signs and Symptoms

Low back pain affects many people worldwide and can range from acute flare-ups to chronic pain. In this report, we will talk about chronic low back pain as it is more commonly seen at Rehab United. Most people who suffer from low back pain experience pain specific to a region of the spine called the lumbar spine. Low back pain is typically caused by multiple contributing factors specific to the individual. Pain is considered chronic if it continues past 3 months. Chronic low back pain is typically treated conservatively with activity modification and specific exercises prescribed by a physical therapist.

Important

This report is focused on chronic low back pain. If you suffered an acute injury as a result of contact or noncontact injury and are having swelling, difficulty walking, and increase pain please contact me directly either via email kelly@rehabunited.com or call our office at (206) 524-4977.

Myth #1: Bed Rest is Best

Limiting motion and movement can be one of the worse things you can do either for an acute injury or chronic injury. “Motion is Lotion” and “Movement is Medicine” is important as it helps you find stretches and strengthening exercises that you can do to keep your body moving and prevent your pain from getting worse.

Myth #2: Heat is Best for Low Back Pain

While heat can help reduce acute pain, it is not a long-term solution. Active range of motion and movement is better early on since our muscles act as pumps to aid in improving blood flow and tissue healing. You can continue to use heat for pain relief as needed, but staying in motion is KEY to long-term recovery.

Myth #3: I Shouldn't Stretch My Low Back While It's in Pain

It's easy to think that because my low back is painful, I shouldn't stretch my surrounding muscles. This is false. The muscles surrounding the lower back can become stiff due to pain and lack of motion, likely contributing to your pain. It is important to keep muscles mobile with gentle stretching and exercises prescribed by your physical therapist to prevent further stiffening.

Early Rehab Exercises

1. Hip Flexor Stretch

Place a foot on a stair or chair, prop the other foot onto a towel or wedge that lifts the heel higher than the toes, and drive your hips forward, keeping your heel on the ground until you get a stretch in the front of your hips. Reach a hand to the right and left holding for 30-60 seconds and repeat 2 to 3 times. Hold for 30-60 seconds and repeat 2 to 3 times.

Watch Video: [See the Exercise Demonstration Here](#)

2. Bird Dog

Begin with hands under shoulders, and knees under hips. Keeping your chin tucked, lift one arm and the opposite leg simultaneously, bringing them in line with your back. Hold for 1-2 seconds, then return to starting position and repeat on the other side. Perform 10 reaches then rest, and repeat 2-3 times.

Watch Video: [See the Exercise Demonstration Here](#)

3. Mini Squat with Support

Begin standing with a chair arm distance in front of you and feet hips distance apart. Keep your knees tracking over your toes, bend your knees to sink your seat down with your fingertips on the chair, and return to starting position. Move slowly with your chest lifted, seeing your toes, and use your fingertips only for balance. Perform 8 mini squats then rest, and repeat 2-3 times.

Watch Video: [See the Exercise Demonstration Here](#)

4. See a Physical Therapist / Movement Specialist!

If you are suffering from a significant amount of low back pain and it is affecting your ability to participate in your sport or daily activities, it is important to be seen by a physical therapist. A physical therapist is a movement expert and is trained in treating individuals that suffer from all types of low back pain. A physical therapist can help get to the root cause of your low back pain and prescribe a more individualized program.

Schedule A Visit: [Request an Appointment Here](#)