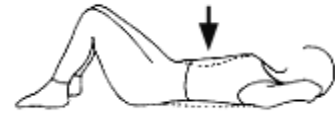


# Lower Back Pain Rehabilitation Exercises

**Pelvic Tilt:** Lie on your back with your knees bent and your feet flat on the floor. Tighten your stomach muscles to flatten your lower back against the floor. Hold for 5 seconds, then relax. Repeat 10 times. Do 3 sets.



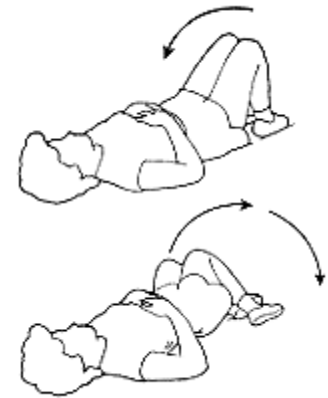
**Pelvic Tilt**



**Double knee to chest**

1. **Double knee to chest:** Do a pelvic tilt and now pull both knees up to your chest. Hold for 5 seconds and repeat it 10-20 times. You may need to lift one leg at a time until your stomach muscles get stronger.

2. **Lower trunk rotation:** Do a pelvic tilt. Keeping shoulders down flat, gently rotate the knees to one side, then the other, as far as you can. Repeat 10-20 times.



**Lower trunk rotation**



**Piriformis stretch**

3. **Piriformis stretch:** Lie on your back as show. Pull one knee up and across your trunk so you feel a comfortable stretch the top buttocks and back. Hold 5-15 seconds and repeat 5-10 times on each side.

You can modify this exercise by reaching for your knee with the opposite hand and keeping your shoulders flat on the floor. Pull your knee over as far as you can allowing your trunk to rotate.