

## Back Exercises:

These exercises are very good for mechanical, degenerative and sciatica-type back pain.

The exercises are straightforward, there are FIVE movements to be done, all of them are to be done SLOWLY and GENTLY, it is not a race and if the pain becomes a lot worse then stop doing the exercise, and if you can't get 'all the way' there that's ok, do the best you can as pain and your flexibility allows. Try to do FIVE repetitions of each exercise FIVE times a day. First of all, adopt the 'neutral' position – which is to say standing straight with your feet pointing forwards.

### Exercise One: Forward Flexion.

Touch your toes.

### Exercise Two: Rear Extension.

Arch your back, as if you are trying to look up at a tall building which is actually behind you.

### Exercise Three: Side flexion Left.

Run the flat of your left hand against the outside aspect of your left thigh until you reach roughly the level of your left knee.

### Exercise Four: Side flexion Right.

Run the flat of your right hand against the outside aspect of your right thigh until you reach roughly the level of your right knee.

### Exercise Five: Rotation.

Adopt the neutral position, with your feet, hips and shoulders pointing in the same direction pretend that you are holding two ski poles, bending your arms at 90 degrees. From this position 'twist' to the left and right, so that your shoulders and hands move but keep your hips pointing in the same direction as your feet.

If you develop any signs of something called 'cauda equina' which is to say

- Increasingly severe low back pain
- Loss of power or sensation in one or both legs
- Loss of sensation in the 'saddle' area the zone between your genitals and your buttocks – where you would sit on when riding a horse or your anus itself
- Loss of control of your bladder or bowels, so wetting or soiling yourself
- Loss of sexual function

Then you should call 999 immediately or have someone take you to the Emergency Department as this is a medical emergency and can be fixed if you are seen soon enough.