

## Exercise programmes for patients

### Mechanical back pain

These two exercises: bilateral knee rolls and pelvic tilts – will help increase the strength and flexibility of your lumbar spine.

Follow the advice shown below – but you will probably find it easier if you use this leaflet in conjunction with the accompanying video.

#### BILATERAL KNEE ROLLS

##### Step 1

Lie on your back with bent knees. Position your knees about a hip's width apart



##### Step 2

Keep your feet relaxed and gently rotate your knees from side to side- for as far as is comfortable



##### Step 3

If one side is more comfortable than the other you can move a little further into that side



##### Step 4

Repeat that about 30 times



#### PELVIC TILT

##### Step 1

Lie on your back. There should be a space between the floor and your lower back



##### Step 2

Gently lift up your bottom while putting pressure down towards the floor with the upper part of your back



##### Step 3

Hold that for 10 seconds, then relax



##### Step 4

Repeat 10 times

Go online to watch a physiotherapist take you through the exercises

► [www.pulsetoday.co.uk/video/exercises](http://www.pulsetoday.co.uk/video/exercises)

**Remember if the pain persists or gets worse with exercise then stop and make an appointment to see your doctor**