

Low Back Pain

EXERCICES PROGRAM

By: Sainte-Justine Hospital rehabilitation team in collaboration with CHEO

Each day you spend many hours sitting, this isn't the best thing for your back. It's therefore important to have good posture while sitting. Here's some advice.

For an optimal sitting posture, place your buttocks at the bottom of the chair, to have a straight spine resting on the backrest, without necessarily exaggerating the arch of your back. Once the pelvis is well placed, you can rest your back.



1. Squat

- **Description:** Place a chair behind you and pretend you're going to sit down. Once your bum touches the chair, stand back up slowly.
- **Important tips:** Properly bend your knees to keep your back straight and avoid bending your knee forward. Your knees have to be in line with your second toes and remain behind your toes
- **Repetitions:** 3 x 15 repetitions



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2. Abdominal Plank

- **Description:** Start laying face-down on the floor and lift yourself up on your forearms and toes. Make sure to engage your abdominal muscles.
- **Alternative:** If resting on your feet is too difficult, you can rest on your knees
- **Important:** Keep your back straight
- **Repetitions:** 3 x maximum hold time (preferably > 30 seconds)



3. Superman

- **Description:** Position yourself on your hands and knees. Lift up the opposite leg and arm.
- **Alternative:** If the exercise is too difficult, try to lift just one arm or one leg at a time.
- **Important:** Keep your back straight and very stable, as if you had a glass of water on your back
- **Repetitions:** 3 x 15 repetitions



4. Hamstrings stretching

- **Starting position:** Stand in front of a ball or a step.
- **Description:** Bend your knees and place your hands on the ball or step. Now straighten your knees as much as you can keeping your hands on the ball and your back straight. You should feel a gentle stretch at the back of your legs.
- **Repetitions:** 3 x 30 seconds

