

Low Back Exercises – Beginner Home Program

6 gentle exercises · on a mat or firm bed

Patient name: _____ Date: _____

Therapist: **Dr. Jack Engelberg, PT, DPT**

Do: 1-2 sets of 10 reps, 1-2 time(s) per day (day / week)

Stretches: hold 20-30 sec, 3 times each side

Hold: 3-5 sec

How: Move slowly and with control, only in a comfortable range. Breathe normally, don't hold your breath. Mild stretch or muscle tiredness is OK; pain is not.



1 Pelvic Tilt · Flatten low back

☐ Assigned

1. Lie on your back, knees bent, feet flat.
2. Tighten your stomach and gently press your **low back flat** into the floor.
3. Hold 3-5 sec, then relax.

Key cue: Breathe normally. Hips stay on the floor.



2 Single Knee to Chest · Low back stretch

☐ Assigned

1. Lie on your back, knees bent, feet flat.
2. Hold behind one thigh and gently pull that knee **toward your chest**.
3. Hold 20-30 sec, lower, then switch legs.

Key cue: Gentle stretch only. The other foot stays flat.



3 Lower Trunk Rotation · Knees side to side

☐ Assigned

1. Lie on your back, knees bent and together.
2. Slowly lower both knees **to one side**, as far as comfortable.
3. Hold 3-5 sec, back to center, then go to the other side.

Key cue: Keep both shoulders on the floor. Small range is fine.



4 Bridge · Lift hips

☐ Assigned

1. Lie on your back, knees bent, feet flat and hip-width apart.
2. Tighten stomach and buttocks. **Lift your hips** until shoulders, hips and knees are in a line.
3. Hold 3-5 sec, then lower slowly.

Key cue: Push through your heels. Don't arch your low back.

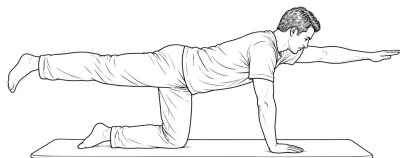


5 Cat-Camel · Round and arch

☐ Assigned

1. Get on hands and knees: hands under shoulders, knees under hips.
2. Slowly **round** your back up, tucking your chin (left picture).
3. Then gently let your back **sag**, lifting your head (right). Hold each 3-5 sec.

Key cue: Small, comfortable range. Move slowly.



6 Bird Dog · Opposite arm and leg

☐ Assigned

1. Get on hands and knees, back flat.
2. Tighten your stomach. Reach one arm **forward** and the opposite leg **back**.
3. Hold 3-5 sec, return, then switch sides.

Key cue: Back flat, hips level. Too hard? Move only the leg.



Safety: Stop and call your therapist if pain spreads down your leg, or you have new numbness, tingling or weakness in a leg. Call 911 for new loss of bladder or bowel control. Get up from the floor slowly.

Notes from your therapist:

