



## Exercise Routine for Back Pain:

### 1. Cat-Cow Stretch:

- **Purpose:** Improves flexibility and mobility in the spine.
- **Instructions:**
  - Start on your hands and knees in a tabletop position.
  - Inhale, arch your back, and lift your head and tailbone toward the ceiling (Cow position).
  - Exhale, round your back, and tuck your chin to your chest (Cat position).
  - Repeat for 10-15 repetitions.



### 2. Child's Pose:

- **Purpose:** Stretches and relaxes the lower back.
- **Instructions:**
  - Begin in a kneeling position with your big toes touching and knees apart.
  - Sit back on your heels, extend your arms in front, and lower your chest towards the floor.
  - Hold for 20-30 seconds, breathing deeply.



### 3. Pelvic Tilts:

- **Purpose:** Strengthens the abdominal muscles and stabilizes the lower back.
- **Instructions:**
  - Lie on your back with knees bent and feet flat on the floor.
  - Inhale and tilt your pelvis up, pressing your lower back into the floor.
  - Exhale and tilt your pelvis down, arching your lower back slightly.
  - Repeat for 15-20 repetitions.



### 4. Bridge Exercise:

- **Purpose:** Strengthens the glutes and lower back muscles.
- **Instructions:**
  - Lie on your back with knees bent and feet hip-width apart.
  - Inhale, lift your hips towards the ceiling, and squeeze your glutes.
  - Exhale and lower your hips back down.
  - Repeat for 12-15 repetitions.



5. **Knee-to-Chest Stretch:**

- **Purpose:** Relieves tension in the lower back and stretches the glutes.
- **Instructions:**
  - Lie on your back and bring one knee towards your chest, holding it with both hands.
  - Hold for 20-30 seconds and switch legs.
  - Repeat 2-3 times on each side.



6. **Cat-Cow Stretch on Stability Ball:**

- **Purpose:** Adds an extra challenge to the Cat-Cow stretch, engaging core muscles.
- **Instructions:**
  - Kneel in front of a stability ball, placing your hands on the ball.
  - Inhale as you arch your back, extending your spine.
  - Exhale as you round your back, pulling your belly button towards the spine.
  - Repeat for 10-15 repetitions.



Remember to start slowly and gradually increase the intensity and duration of these exercises. If you experience any pain or discomfort, stop the exercises and consult with a healthcare professional. Regular practice of these exercises, combined with proper posture and body mechanics, may contribute to the relief of back pain over time.

Disclaimer: This is just an example and should not be utilized as back pain treatment. If you are experiencing back pain please consult an appropriate health care provider like a Physical Therapist.