acupuncture · wellness

Low Back Home Exercises

9 essential exercises to help prevent low back pain

LB-Phase1

Balance your lower back, pelvis, and legs, ease back discomfort, and keep your back healthy.

Precautions

- Exercise only within a range that is not painful.
- Move slowly and gently.
- Stop right away if you feel sharp or severe pain.

How often

- Do each exercise 10 times, 2 sets (or as shown on each card).
- Do the routine 1–2 times a day, every day.



1 Pelvic Tilt

1. Lie on your back with knees bent and place your hands on your lower back.
2. Tilt your pelvis down, flattening your lower back against the floor.

10 reps · 2 sets



2 Knee to Chest

1. Pull one knee toward your chest.
2. Hold 15–30 seconds, then repeat on the other side.

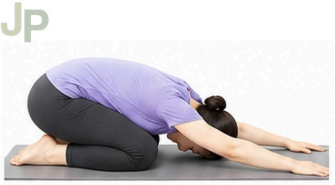
1 each side · 2 sets



3 Cat-Cow

1. On your hands and knees, round your back up, then let your lower back sink down.
2. Repeat slowly.

10 reps · 2 sets



4 Child's Pose

1. Kneel, sit back, and fold forward, reaching your arms out in front of you.
2. Let your lower back and upper back relax.

15–30 sec · 2 sets



5 Bridge

1. Lie on your back with knees bent and lift your hips.
2. Lower your hips slowly.

10 reps · 2 sets



6 Lower Back Twist

1. Lie on your back with knees bent and slowly lower them to each side.
2. Feel a comfortable stretch in your lower back.

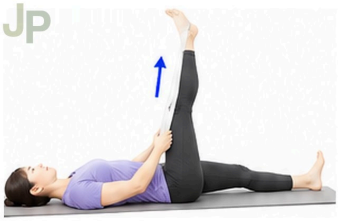
10 each side · 2 sets



7 Bird-Dog

1. On your hands and knees, straighten one arm and the opposite leg.
2. Return slowly.

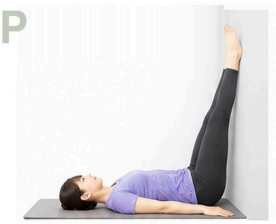
10 each side · 2 sets



8 Hamstring Stretch

1. Keep one leg straight and use a towel to gently pull the other leg up.
2. Hold 15–30 seconds.

1 each side · 2 sets



9 Legs Up the Wall

1. Lie on your back and rest your legs up against a wall.
2. Relax your legs and stay comfortable.

1–2 min · 2 sets

Get medical care right away if you notice:

- New numbness in the groin, inner thighs, or buttocks
- New trouble controlling your bladder or bowels
- Leg weakness that is getting worse
- Back pain with fever, or after a fall or accident

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: AAOS OrthoInfo – Spine Conditioning Program; JOSPT Low Back Pain Clinical Practice Guideline (2021). These organizations have not reviewed or endorsed this material. Illustrations created with AI.