





Exercises for Low Back Pain

Level 3: Strengthening (mild or no discomfort, more challenging exercises)

Click on the title or find all the exercises on CCGI YouTube 

✓	Exercises	Instructions	Tips/Notes
Side plank		<p>Lie on your side with your knees bent, elbow beneath your shoulder. Rest your top arm on your side, or place your hand on your hip. Brace your abdominals and lift your hips up so that your body forms a straight line from head to knee. Hold for at least 10 seconds, building up to 30-60 seconds. You should be able to breathe normally.</p> <p>Progression: Repeat, but resting on your feet and elbow, forming a straight diagonal line from your head to your toes.</p>	<ul style="list-style-type: none"> • • •
Modified curl up		<p>Lie on your back, one knee bent, the other out straight, hand under your lower back. Lift your head and shoulders off the floor, tightening your stomach muscles then roll the head and shoulders back down. Repeat 10-15 times.</p>	<ul style="list-style-type: none"> • • •

These strengthening exercises are based on expert consensus. They have been developed by the Canadian Chiropractic Guideline Initiative (CCGI) and are based on the latest evidence-based Clinical Practice Guidelines for the management of low back pain & chronic back-related leg pain.*

Find out more at www.chiroguidelines.org

* Bussièrès AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, et al. (2017) *Spinal Manipulative Therapy for the Management of Low Back Pain: A Guideline from the Canadian Chiropractic Guideline Initiative. In press.*