A guide for patients with mechanical low back pain

About the condition
The spine is made up of many bones called vertebrae. The vertebrae are separated by shock absorbing discs that allow the spine to bend and rotate. The vertebrae and discs are held together by ligaments and muscles, which provide support and strength.

Mechanical low back pain refers to a sprain of one of the supporting structures of the back, such as the ligaments, disc or muscles. Nine out of 10 people with mechanical low back pain will be better within six weeks.

Symptoms
- Pain at the base of the spine.
- Mechanical pain, for example pain with certain movements.

What you can do to help
- Always maintain good posture. Look at your work posture.
- Avoid staying in one position for too long. Keep moving.
- Take care when lifting or carrying as it can put a strain on your back. Always bend at the knees.
- Regularly carry out the exercises over the page as indicated by your physiotherapist.

Contact us

Customer Care Team
If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the Customer Care Team.

Phone: 0300 123 1807, 8am to 5pm, Monday to Friday
Please say if you would like the team to call you back
Text: 07899 903499   Email: kcht.cct@nhs.net

Address: Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ   Web: www.kentcht.nhs.uk

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

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Exercises

Lying face down with both your hands at shoulder height.

Straighten your elbows and lift your upper trunk as far up as you can. Keep your pelvis and legs relaxed.

Repeat _______ times.

Stand straight with feet apart.

Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

Repeat _______ times.

Lying on your back with knees together and bent.

Slowly roll your knees from side to side keeping your upper trunk still.

Repeat _______ times.

Lying with your knees bent and feet on the floor. Lift your knees towards your chest.

Place your hands behind both knees and draw them towards your chest. Hold _______ secs.

Repeat _______ times.

Stand straight with one hand on your hip and the other straight up.

Bend to the side with opposite arm reaching overhead. Keep your pelvis in mid-position.

Repeat _______ times.

Lying on your back with knees bent.

Tighten your lower abdominal muscles while maintaining a normal breathing rate. Hold for 10s.

Repeat _______ times.