Torrance Memorial | An Affiliate of Cedars Sinai

YOUR LOW BACK IS FEELING BETTER: What Should You Do?

ONCE YOU START FEEL BETTER AFTER A LOW BACK STRAIN:

- Continue to keep moving and doing as much as tolerated and comfortable. A little bit of discomfort that is tolerable is to be expected, and okay. You should continue to walk 30-45 min a day, and start to increase your walking pace.

Begin core stabilization exercises such as you feel comfortable, some suggestions are:

90 / 90 HOLD

Lift one leg first, then the other. Then bring arms up. Hold this position for 15-30 seconds. Keep back in neutral position. It should not flatten, nor arch.

SIT TO STAND

You can begin to strengthen your quads and glute muscles with adding sit to stands throughout the day. Do 3-5 each time you stand, and increase to 20-30 as you improve.

SPINE TWIST SUPINE

Using your tummy muscles, gently rotate your knees to each side using a small motion. Breathe in as knees move to one side, breathe out as you return to center.

You may continue the stretches from the first handout.

- You can continue using heat or cold pack to the stiff area for 15-20 minutes at a time as needed.
- You should begin to start light household chores and other daily activities.
- You you should begin to mimic light work tasks at home throughout the day.
- it's normal to have some days feel better than others as long as you're improving overall.