

Non-Specific Low Back Pain

LUMBAR SPINE

Common, mechanical back pain without nerve involvement. No single exercise is best, so we pair a walking programme — the strongest evidence for preventing recurrence — with simple strength work.

1



Brisk Walking

Build to 30 min, 5x / week

- Start at 10 min; add about 5 min each week.
- A progressive walking programme roughly halves recurrence.

2

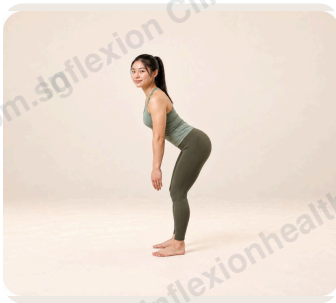


Sit-to-Stand

3 x 10 → add weight

- Hinge at the hips; stand without using hands.
- Hold a bag or bottles once it feels easy.

3



Hip Hinge

3 x 10 → add weight

- Soft knees, push hips back, keep a flat back.
- Builds into a loaded deadlift pattern.

4



Glute Bridge

3 x 10, hold 3 sec

- Squeeze buttocks and lift hips in a line.
- Progress to single-leg.

5



Bird Dog

3 x 8 each side

- Extend opposite arm and leg; keep hips level.
- Imagine a glass of water on your back.

6



Cat-Cow

2 x 10 slow

- Round the back, then let it dip.
- Use as a warm-up or on stiff mornings.

HOW OFTEN

Walk daily; strength work 2–3x per week for 8–12 weeks. Stay active — rest beyond a day or two slows recovery.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

New leg weakness, numbness in the saddle area, or changes in bladder/bowel control — seek urgent care.