# Non-specific low back pain — Exercises at home

Combine regular activity, varied movement and gradual core strengthening.

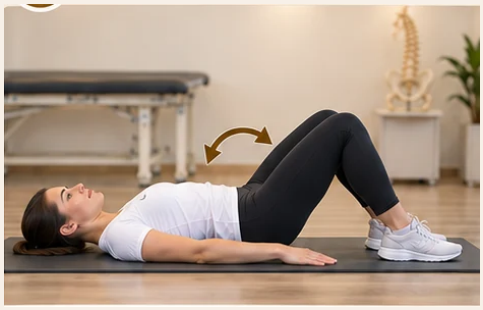

Photo: Example for this body region. Always follow the instructions for each individual exercise; the photograph does not show every exercise.

**Before you begin:** These are general movements. Your doctor or physiotherapist should confirm suitability, especially after surgery, with new symptoms or in children.

## 01 Pelvic tilt

Lie on your back with knees bent; tilt the pelvis gently forwards and backwards without straining.

**Starting amount:** 6–10 ×

## 02 Gentle abdominal bracing with breathing

Gently engage the abdominal muscles and breathe calmly; keep the back in a comfortable neutral position.

**Starting amount:** 5 × 5 s

## 03 Cat–cow, small range

On all fours, gently round the back a little and return to neutral slowly.

**Starting amount:** 6–10 ×

## 04 Glute bridge

Lie on your back with feet planted. Lift your pelvis slightly, then lower with control without excessive back arching.

**Starting amount:** 6–10 ×

## 05 Arm and leg coordination on all fours

On hands and knees, extend one arm or one leg at a time while keeping the pelvis steady.

**Starting amount:** 5–8 ×

## 06 Practise a hip hinge

Keep the back relaxed and aligned, shift the bottom backwards and bend forward from the hips.

**Starting amount:** 6–10 ×

## 07 Short walks

Start with a few minutes on level ground; gradually extend the duration if comfortable.

**Starting amount:** 5–10 min

## Safety & when to stop

New muscle weakness, numbness around the groin or changes to bladder or bowel function need urgent medical assessment.

These exercises do not replace your personal medical assessment or prescribed rehabilitation protocol.