



Understanding low back pain

Low back pain is one of the most common conditions in Australia, impacting up to 80% of adults each year. It can occur while lifting, gardening, sport or sometimes just comes on gradually. While it can be painful and limiting, 80% of low back pain resolves over a 6 week period, especially when doing the right thing.

What can and should you do?

Keep Moving

It may feel tempting and relieving to begin with to stop everything and lay down. We now know this isn't the right thing to do. We can take breaks and reduce loads, but we want to try to actively keep moving, even if its regular walks and movements.

Modify Aggravating activities

Try to modify the 3 most aggravating activities:

- Bending forwards: Try to change activities so that you squat or sit rather than bending forwards frequently
- Lifting: Try to reduce lifting, and if you have to, use 2 hands and keep it close to your body.
- Prolonged sitting: Try to move every 30-45 mins even if its a quick walk.

Stay Strong

As part of the keep moving, we want to maintain our muscle strength. This is what's going to help reduce pain, increase confidence and get you back to your daily life.

Simple Exercises to start improving your pain !

Back Extensions

Laying flat on your stomach on the bed. You want to push up with your arms, and keep your pelvis on the bed. Keep the movement pain free. Complete 3 sets of 10 repetitions.



Glute Strength

Laying on your side, with your bottom leg bent and your top leg straight. Lift your leg up so that your leg is parallel to the ground. Hold for 10 seconds. Complete 10 reps of 10 second holds.



Need more help?

You should look to review with a GP or a physiotherapist if symptoms have not improved after 2 weeks or if its impacting your day to day life.

Please stop the exercises immediately if painful and see your GP.

