

### Symptoms

- ✓ Pain is worst in legs and can be described as heaviness or aching.
- ✓ Pain is intermittent and is made worse by activity (often walking).
- ✓ Pain is relieved by a change in position, usually by bending forward.

### Positions and Exercises

Pain should be relieved quickly with proper rest and flexion. When pain occurs in your legs, sit in a chair and lean forward until it subsides (see Sitting Flexion). Your health care provider will check the boxes next to the positions and exercises recommended for your condition.



#### □ Single Leg Abdominal Press:

- Lie on back with knees bent.
- Keep back in a neutral position and tighten abdominal muscles.
- Lift one leg so knee and hip are at a 90 degree angle.
- Press one hand against the knee while pulling it towards the hand. Keep elbow straight.

**Hold for \_\_\_\_ seconds. Return to start position and repeat with opposite leg.**

**Do \_\_\_\_ repetitions.**



#### □ Pelvic Tilt

- Lie on back, knees bent, arms on chest or at sides.
- Place feet flat on floor, hip-width apart, with knees slightly closer together than feet.
- Tighten abdominal muscles.
- Press small of back against floor, causing front of pelvis to tilt forward.

**Hold for \_\_\_\_ seconds and then relax.**

**Do \_\_\_\_ repetitions.**



#### □ Sitting Flexion:

- Sit with feet flat on the floor, about hip-width apart.
- Lean forward to rest stomach on lap. Allow arms and head to hang near feet.

**Hold for \_\_\_\_ seconds.**

**Do \_\_\_\_ repetitions.**



### Cat and Camel:

- Kneel on hands and knees.
- Arch back, letting head drop slightly.
- Keep abdomen and buttock muscles tightened.

Hold for \_\_\_\_ seconds.

- Let back sag towards floor while keeping arms straight and weight evenly distributed between legs and arms.

Hold for \_\_\_\_ seconds. Do \_\_\_\_ repetitions.



### Partial Sit Up or Crunch:

- Lie on back with knees bent, feet flat on floor and arms crossed over chest.
- Using lower stomach muscles, raise head and shoulders slightly until shoulder blades are just off floor. (You may not be able to get up this far at first.)

Hold for \_\_\_\_ seconds. Relax.

Do \_\_\_\_ repetitions.

### Other Care Information

The most effective treatment of your condition is a long-term regular exercise program, focused on increasing strength in your core muscles. Your health care provider may recommend exercises and stretches.

Please see **General Recommendations for Maintaining a Healthy Back: Patient Information.**



### Comments

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