

Pain Clinic

Back Exercises



Reasons to do exercises for your back

It's important to keep moving your back and exercising following your injection at the pain clinic.

This is to:

- Help with pain
- Mobilise our joints
- Stretch our muscles
- Strengthen our muscles
- Help us to continue to do activities we want to do

Here are some simple exercises you can do to help to do this.

We advise doing the exercises once or twice a day.

When you do them it is normal to get mild pain. If the pain gets too much, then either reduce the repetitions or stop the exercise if you are unsure.

Knee rolling

- Lie on your back with your knees bent and feet on the floor
- Keep your shoulders relaxed and, on the floor/bed
- Gently roll you knees side to side as far as you can without causing too much pain
- Then roll back in the opposite direction
- Keep your breathing relaxed whilst doing the exercise
- Repeat 5-10 times both ways



Knee hugging

- Lie on your back with your knees bent and feet resting on the floor
- Bring one knee towards your chest and gentle hug it towards your chest
- When you do this, you should feel a gentle stretch in your buttock and back
- Hold this for 30 seconds
- Keep your breathing relaxed whilst doing the exercise
- Repeat on each leg 2-3 times



Glut bridge

- Lie on your back with your knees bent and feet on the floor.
- Have a pillow under your head for comfort
- Have your hands resting by your side
- Then using your feet and hands push your bottom up from the floor.
- Hold for 1 seconds and then slowly lower back down.
- Repeat this 5-10 times



There are also videos of these exercises available on the RUH youtube channel by following the links or clicking on the QR codes:

Knee rolls: <https://www.youtube.com/watch?v=PzqVO6Gx9Rk>




Knee hugs: https://www.youtube.com/watch?v=hYuu_hX4K9c



Glut bridge: <https://www.youtube.com/watch?v=3kQfclUXI28>





When doing any exercise, it's important to be aware of your breathing pattern so you are not holding your breath. Here are some resources to help with this:

Physiotherapy for breathing pattern disorders-
<https://www.physiotherapyforbpd.org.uk/>



Diaphragmatic breathing – [https:// www.physio-
pedia.com/Diaphragmatic_Breathing_Exercises](https://www.physio-pedia.com/Diaphragmatic_Breathing_Exercises)



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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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