

View this article online at: patient.info/health/back-pain-exercises

Back Pain Exercises



This leaflet has been provided by **Arthritis Research UK**, the national charity committed to preventing the onset of arthritis, developing a cure for arthritis and transforming the lives of those with arthritis.

This leaflet provides simple exercises that may help with back pain.

- **Back pain** is common but most cases aren't caused by a serious problem.
- Most cases of back pain get better on their own within a few weeks.
- **Stay active**. Bed rest for more than a couple of days makes it harder to get going. Gradually increase your normal activities and do regular exercise.
- Take **painkillers** if needed so you can stay active.
- Your pain should ease within 2 weeks and you should recover over approximately a 4-6 week period.
- You should carry on with the exercises for at least 6-8 weeks to help prevent another injury.
- If the pain is severe or not improving after a week or so, contact your doctor.

Pelvic tilt



- Lie down with your knees bent.
- Tighten your stomach muscles, flattening your back against the floor.
- Hold for 5 seconds.
- Repeat 5 times.

Knees to chest



- Lie on your back, knees bent.
- Bring one knee up and pull it gently into your chest for 5 seconds.
- Repeat up to 5 times on each side.

Back stretch



NB: Upper knee should be directly above lower knee.



- Lie on your back, hands above your head.
- Bend your knees and roll them slowly to one side, keeping your feet on the floor.
- Hold for 10 seconds.
- Repeat 3 times on each side.

Deep lunge



- Kneel on one knee, the other foot in front.
- Facing forwards, lift the back knee up.
- Hold for 5 seconds.
- Repeat 3 times on each side.

One-leg stand (front)



- Holding on to something for support if needed, bend one leg up behind you.
- Hold for 5 seconds.
- Repeat 3 times on each side.

Content used with permission from the Arthritis Research UK website: [Exercises to manage back pain](#). Copyright for this leaflet is with Arthritis Research UK.

Disclaimer: This article is for information only and should not be used for the diagnosis or treatment of medical conditions. EMIS has used all reasonable care in compiling the information but makes no warranty as to its accuracy. Consult a doctor or other healthcare professional for diagnosis and treatment of medical conditions. For details see our [conditions](#).

Original Author:
Arthritis Research UK

Current Version:
Arthritis Research UK

Peer Reviewer:
Arthritis Research UK

Document ID:
29105 (v1)

Last Checked:
25/09/2015

Next Review:
24/09/2018

View this article online at: patient.info/health/back-pain-exercises

Discuss Back Pain Exercises and find more trusted resources at Patient.

Ask your doctor about Patient Access

- 🔍 Book appointments
- 🔍 Order repeat prescriptions
- 🔍 View your medical record
- 🔍 Create a personal health record (iOS only)



Simple, quick and convenient.
Visit patient.info/patient-access
or search 'Patient Access'