Canadian Chiropractic Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

Exercises for Low Back Pain

Date:

Level 2a: **Stability & Motor Control (mild or less severe discomfort)**

Click on the title or find all the exercises on CCGI YouTube

✓	Exercises		Instructions	Tips/Notes
	Multifidi activation		Place your fingers on the muscles on either side of your spine, then try to contract or 'swell' the muscles under your fingertips. Gradually work up each level of the spine, holding each contraction for exactly 5 seconds.	• • •
	Transverse abdominis activation		Lie on your back, knees bent, feet flat on the floor, hip width apart. Place your thumbs on your lowest ribs, fingers on your pelvis and draw your belly button in towards your spine, feeling your stomach tighten beneath your fingers and your back flatten into the floor. Hold for 10 seconds, repeat 10 times. Complete this entire sequence a total of 3 times. When stable, progress to: - alternate heel lifts, alternate heel slides, alternate knee lifts, or alternate arm lifts	• • •
	Bird-dog		Kneel on all-fours, hands beneath your shoulders, knees beneath your hips. Keeping your back flat and your stomach muscles engaged, stretch one leg straight out behind you, lifting it horizontally off the floor. Repeat with the other leg. Repeat 10 times making sure your keep strong and stable, with your back flat. Then repeat with Lie on your back, knees bent, feet flat on the floor, hip-width apart. Tighten you stomach muscles and gently squeeze your gluteal muscles. Lift the hips off the floor to make a straight line from your shoulders to your knees. Slowly lower back down to the floor. Repeat 10 times. Progression: From the bridge, keeping the abdominal and gluteal muscles engage straighten one leg out in front of you. Bring the leg back then lower back down. Repeat 10 times, extending alternate legs. Progression: Lift your pelvis and straighten one of your knees. Extend one leg to make a straight line from the foot to the shoulder.	• • •
	Supine bridge			• • •

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https://www.canadianchiropracticguidelines.ca/

This resource is based on information from: Bussières AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, et al. (2017) Spinal Manipulative Therapy for the Management of Low Back Pain: A Guideline from the Canadian Chiropractic Guideline Initiative. J Manipulative Physiol Ther. 2018;41(4):265-293.