

Exercise plan:  
**Low Back Pain Sample PDF**

Patient:  
**Sample Patient**

Date:  
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### Sleeping position side



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If you find sleeping uncomfortable, try lying on your side, and place a pillow between your knees. If you have leg pain or one-sided lower back pain, usually you will find it more comfortable to lie on the opposite side to your leg/back pain. Do not sleep on the floor.

Video: <http://youtu.be/q0IKQxmT148>

### Sleeping position flat on back



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You may prefer to sleep flat on your back. If you do, you may get some relief from back pain by placing a pillow under your knees. Use one or two pillows, whichever you feel is more comfortable. Do not sleep on the floor.

Video: <http://youtu.be/v0pd2RnuHGI>

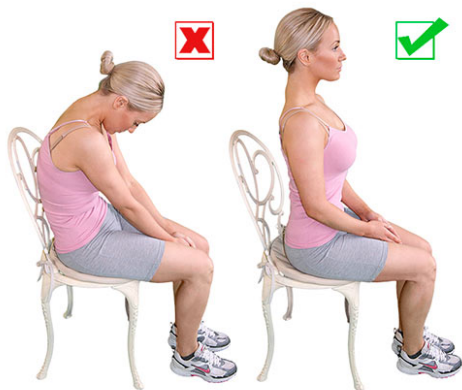
### Getting in and out of bed



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To get in and out of bed, sit on the side of your bed, and bend your knees up onto the bed as you lower the upper body down, thus keeping your back straight. Do the opposite when coming up from lying.

## Advice on sitting correctly



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When sitting on a chair: 1) Keep your eyes on the horizon. 2) Do not let your head drop forwards or down. 3) Do not let your shoulders drop forwards. 4) Do not let your upper back round. 5) Keep a gentle backward curve in your lower back.

Video: <http://youtu.be/V5TGzXUJlqo>

## Bruegger's Posture sitting



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Sit on the edge of a chair, and open your legs and allow them to relax outwards. Keep your body and spine tall, lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards, and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Video: [http://youtu.be/uQ\\_-JeWTgU](http://youtu.be/uQ_-JeWTgU)

## Bruegger's Posture standing



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Keep your body and spine tall, and open your legs to shoulder width. Lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards, and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Video: <http://youtu.be/GeD1qMKIa-E>

SAMPLE ONLY