

Client

PhysioTrain Resources

Practitioner

Cillian Quirke

Program Name

Low Back Pain Program

Time Period

27 Jul 2023 - Ongoing

How Often

Whenever

When

Any time

You have 5 exercises

1

Glute stretch in supine

30 seconds rep 60 seconds rest 3 sets

2

Cat/cow stretch

10 reps 60 seconds rest 3 sets

3

Bird Dog

10 reps 60 seconds rest 3 sets

4

Child's pose (foam roller)

30 seconds rep 60 seconds rest 3 sets

5

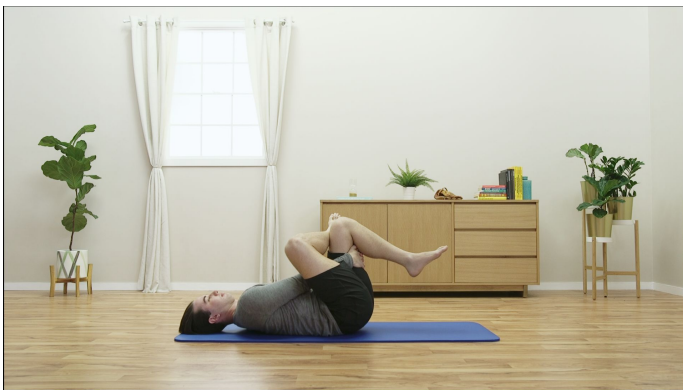
Lumbar extension in prone

10 reps 60 seconds rest 3 sets

1

Glute stretch in supine

30 seconds rep 60 seconds rest 3 sets



How to perform

1. Lift one foot off the floor and place the outside of your ankle on top of your other knee.
2. Then lift your leg up and lock your hands together behind your knee.
3. Slowly pull your knee towards your chest until you feel a stretch across the back of your hips.
4. Hold the stretch for the prescribed time and then relax to complete the exercise.
5. Remember to keep your upper body flat and hips square throughout the exercise.

2

Cat/cow stretch

10 reps 60 seconds rest 3 sets



How to perform

1. Establish a straight line from your head to your hips.
2. Keeping your hips level, slowly arch your back up into the air.
3. Then slowly arch your back towards the ground to complete the exercise.
4. Remember to keep your hands and knees on the mat throughout the exercise.

3 Bird Dog

10 reps 60 seconds rest 3 sets



How to perform

1. Maintaining a straight line from your head to your hips, raise your arm up and extend your opposite leg back, then lower them to the ground to complete the exercise.
2. Remember to maintain a straight line from your head to your hips.

4

Child's pose (foam roller)

30 seconds rep 60 seconds rest 3 sets



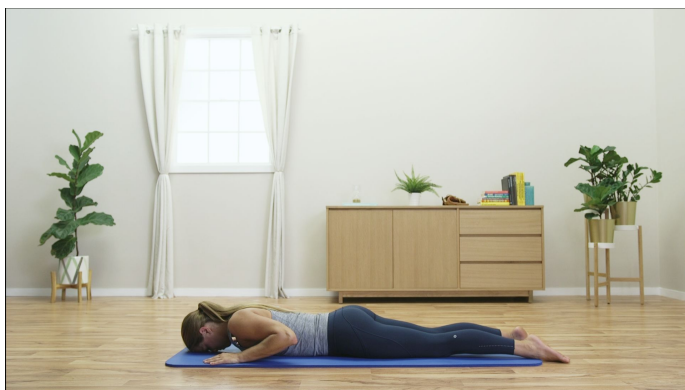
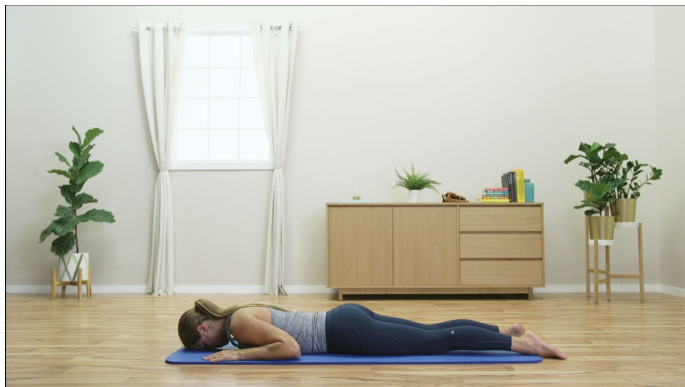
How to perform

1. Place both hands on the foam roller and stretch your arms out on the roller.
2. Drop your head down and sit back on your heels so you feel a stretch in your back.
3. Hold the stretch for the prescribed time and then relax to complete the exercise.
4. Remember to keep your back straight throughout the exercise.

5

Lumbar extension in prone

10 reps 60 seconds rest 3 sets



How to perform

1. Keeping your hands in the same position, slowly raise your upper body and hips off the floor, and then lower yourself down to complete the exercise.
2. Remember to move slowly throughout the exercise.

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