

Back Pain Prevention Advice

- Aim to walk 30 minutes daily.
- Include some Pilates and Yoga and strength training into your week aim x3/week.
- Avoid sitting in prolonged or unfavourable postures for long periods.
- Get an ergonomic assessment for your desk or work set up.
- To look after your back aim to stretch or exercise it twice daily to avoid tightness from building up.
- Movement is your friend, motion is lotion, our bodies are designed to move.
- If you have any underlying issues, consult with your Physiotherapist or Health Care Practitioner for more specific movement and exercise advice.

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LOWER BACK STRETCHES



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Knee Hugs

**Hug one knee to your chest
x30seconds x2 each leg or do
both legs x1min x2 Times.**



Figure of 4

**Cross foot on top of opposite
knee and pull into chest. Hold
x30 seconds x2 each leg.**



Cat Stretch

**On all 4s gently round back and
drop head, keeping arms
straight. Hold for 3 deep breaths
in. Repeat x10 Times.**



Childs Pose

**On all 4s, bring bum back to heels.
Hold for 3 deep breaths in. Repeat x10
Times.**



Thread the Needle

**In a child's pose position, thread one
arm through and look towards the
hand. Hold for 5 deep breaths in.
Repeat x5 times each side.**