

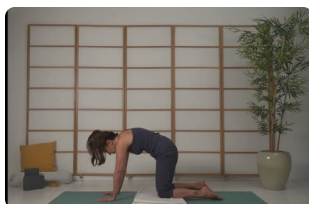
Lower back pain

Move slowly and stay in a range that feels comfortable. Mild stretch or effort is fine; sharp pain is a signal to stop.

Name: _____

How often: _____

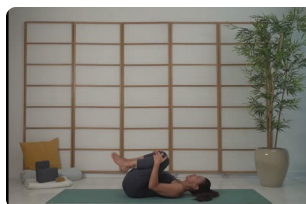
Clinician: _____



1. Cat-Cow

8 slow rounds

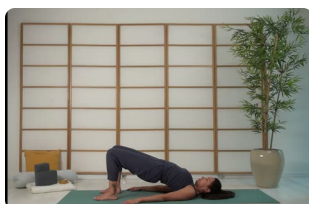
1. Start on hands and knees
2. Breathe out and round your back towards the ceiling
3. Breathe in and reverse it
4. Let the breath set the pace



2. Knees to chest

30 to 60 seconds

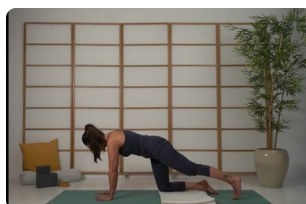
1. Lie on your back with your knees bent, feet flat
2. Draw one or both knees toward your chest
3. Hold, breathe, and let the lower back soften



3. Glute bridge

8 to 10 slow lifts

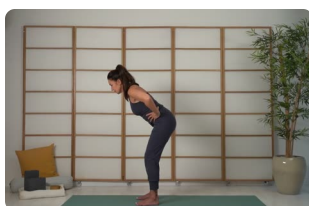
1. Lie on your back, knees bent, feet flat and about hip-width apart
2. Press through your heels and lift your hips
3. Lower slowly, one vertebra at a time



4. Bird-Dog, small range

5 each side, slowly

1. Start on hands and knees
2. Find a level back and keep it
3. Slide one leg back until the toes brush the floor
4. Return, and repeat on the other side



5. Hip hinge

8 to 10 reps

1. Stand with feet about hip-width apart, knees softly unlocked
2. Send your hips backwards, not your chest down
3. Go as far as you can keep a long spine, then return

THE GUIDANCE BEHIND THESE MOVEMENTS

- NICE NG59, low back pain and sciatica in over 16s (2016, updated 29 July 2026). Offer self-management advice including encouragement to continue with normal activities, and consider a group exercise programme, biomechanical, aerobic, mind-body or a combination, chosen around the person's needs, preferences and capabilities.
- The McKenzie method for chronic low back pain with directional preference, systematic review with meta-analysis (2025). Direction-based treatment helps the subgroup with an identified directional preference, which supports assessing the person rather than treating the label.



Scan to watch every movement on video

and get a free guided session built around your body: vinys.app/condition/lower-back-pain

First practice free. No account or card.

Move within a range that stays comfortable. Stop if this brings on sharp pain, dizziness, or symptoms that travel down an arm or a leg, and speak to a clinician before repeating it. Free to print and share: vinys.app/for-clinicians