Low Back Pain Rehabilitation

कमर दर्द की कसरतें

Core activation, gentle extension, strength and guided stretches — a simple, daily routine for low back pain.

9	7 min	4
exercises	guided session	parts

Low back pain is one of the most common reasons people visit a physiotherapist — and one of the most responsive to the right kind of movement. Gentle, regular exercise helps the muscles around the spine support it better.

This routine moves from switching on your deep core muscles, through gentle back extension, to strength and control work, and finally guided stretches for the legs and hips.

Do only the exercises you've been given, move slowly, and keep breathing throughout every exercise.

Start here · Core

Switch on your core

Do only your prescribed exercises. Keep breathing through every exercise.



Hold	Reps	Equipment
10 sec	10	None

Exercise 01

Core Stabilization

पेट की मांसपेशियाँ कसें

How to perform

1. Lie on your back with knees bent and both feet on the floor.
2. Gently tighten your tummy, keep breathing, and relax after 10 seconds.



Exercise 02

Bridge

कूल्हे ऊपर उठाएँ

How to perform

1. Lie on your back, knees bent, feet flat.
2. Gently tighten your tummy and slowly lift your hips.
3. Pause a few seconds, then lower slowly.

Hold	Reps	Equipment
5–10 sec	10	None

Back extension

Gentle backward bending



Exercise 03

Prone on Elbows

कोहनियों पर टिकें

How to perform

1. Lie on your front with elbows under your shoulders.
2. Lift your chest gently on your elbows, keeping hips on the floor.
3. Then come down.

Hold	Reps	Equipment
5–10 sec	10	None



Exercise 04

Prone Press-up

हाथों के सहारे छाती उठाएँ

How to perform

1. Lie on your front, palms under your shoulders.
2. Push gently to lift your chest, hips staying down.
3. Pause within comfort, then lower.

Hold	Reps	Equipment
5–10 sec	10	None

Strength & control

Back and body balance

Go slowly. Lift your arm or leg only as far as is comfortable.



Hold	Reps	Equipment
5–10 sec	10	None

Exercise 05

Modified Superman

उलटा हाथ और पैर थोड़ा उठाएँ

How to perform

1. Lie on your front, arms forward, looking down.
2. Lift the right arm and left leg a little together.
3. Lower slowly, then switch sides.



Hold	Reps	Equipment
5–10 sec	10	None

Exercise 06

Quadruped Arm & Leg Raise

उलटा हाथ और पैर उठाएँ

How to perform

1. Come onto hands and knees — palms under shoulders, knees under hips.
2. Reach the right arm forward and left leg back, keeping your back flat.
3. Lower and switch.

Guided stretches

Thigh, hip and calf stretches

Do these on your doctor's advice. Keep the stretch gentle — never bounce.



Hold	Reps	Equipment
10–20 sec	5 each side	Towel

Exercise 07

Hamstring Stretch

जांघ के पीछे खिंचाव

Before you start

Do not overstretch the muscle. If you feel tingling or numbness in your leg while stretching, stop immediately and consult your doctor.

How to perform

1. Lie on your back, one knee bent.
2. Hold a towel behind the other thigh and slowly straighten that knee until you feel a gentle stretch.
3. Switch sides.



Hold	Reps	Equipment
10–20 sec	5 each side	None

Exercise 08

Piriformis Stretch

कूल्हे के पीछे खिंचाव

Before you start

Do not overstretch the muscle. If you feel tingling or numbness in your leg while stretching, stop immediately and consult your doctor.

How to perform

1. Lie on your back and cross one ankle over the other knee.
2. Hold the lower thigh and draw it towards you until you feel a gentle stretch.
3. Switch sides.



Hold	Reps	Equipment
10–20 sec	5 each side	Wall

Exercise 09

Calf Stretch

पिंडली में खिंचाव

How to perform

1. Hands on a wall, one foot forward and one back.
2. Bend the front knee, keep the back knee straight and heel down.
3. Switch sides.

When to stop

Stop and consult your doctor if pain spreads down the leg, or you notice numbness, weakness, or any change in bladder or bowel control.

These guides support — they don't replace — the plan from your own doctor or physiotherapist.
Voice-guided sessions are on the Monica Singh website and app.