

HOME EXERCISE PROGRAM

Low Back (Lumbar Spine) Home Exercise Program

A complete program for low-back pain — mobility, flexibility, and core stability

This program restores motion and builds the core and hip muscles that support the low back — the approach used in physical therapy for low-back pain and stiffness. Move gently and stay in a pain-free range. Stop any exercise that sends pain, numbness, or tingling down the leg and let Dr. Pettit know.

MOBILITY & FLEXIBILITY

Do these daily, moving slowly and breathing through each stretch.



Pelvic Tilt

10 reps × 5-sec holds, daily

Lie on your back with knees bent. Gently flatten your low back into the floor by tightening your abdominals and tilting the pelvis. Hold, then relax.



Single Knee-to-Chest Stretch

3 × 20-sec holds each side, daily

Lying on your back, pull one knee toward your chest until you feel a gentle stretch in the low back and buttock. Hold, then switch legs.



Double Knee-to-Chest Stretch

3 × 20-sec holds, daily

Lying on your back, pull both knees toward your chest and hold for a gentle stretch across the low back.



Lower Trunk Rotation

3 × 20-sec holds each side, daily

On your back with knees bent and together, let your knees rotate slowly to one side while keeping both shoulders flat on the floor. Hold, then switch.



Cat-Camel

2 sets × 10, daily

On your hands and knees, slowly arch your back up toward the ceiling (cat), then let it gently sag as you lift your head (camel). Move smoothly through a comfortable range.



Child's Pose Stretch

3 × 30-sec holds, daily

From hands and knees, sit your hips back toward your heels and reach your arms forward until you feel a stretch through the low back. Hold, breathing easily.



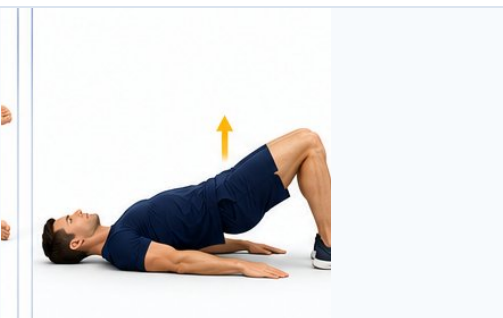
Supine Hamstring Stretch

3 × 30-sec holds each side, daily

Lying on your back, loop a strap or towel around one foot and straighten the leg toward the ceiling until you feel a stretch behind the thigh. Hold, then switch.

CORE STABILIZATION

Rebuild the deep-core and hip muscles that protect the spine. Keep the low back steady and control every movement.



Glute Bridge

3 sets × 10, most days

On your back with knees bent, squeeze your buttocks and lift your hips until your body forms a straight line from shoulders to knees. Lower slowly.



Bird Dog

3 sets × 10 each side, daily

On hands and knees, reach the opposite arm and leg out to horizontal while keeping your back flat and hips level. Hold briefly, then switch sides.



Side Plank

3 × 15–30-sec holds each side, most days

Lie on your side propped on your forearm. Lift your hips until your body forms a straight line, and hold. Drop to the knees to make it easier; build the hold time gradually.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, new swelling, numbness, or symptoms that worsen into the next day. This general program is patient education and does not replace an individualized plan from Dr. Pettit or your physical therapist. If you are recovering from surgery, follow your specific post-operative protocol first.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/exercise-programs/lumbar.html

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