HEALTH AND WELLBEING

BACK PAIN



General notes for back pain exercise programme – Encourage active daily living. Try to also include another form of light exercise a few times a week that you enjoy, this could be walking, light yoga or swimming.

EXERCISE	TIME/LEVEL	NOTES
 Warm Up: Marching on the spot Shoulder Rolls Side Steps Punches Forward High Knee March Bodyweight Squats Point and flex the foot Ankle Rotations High Knee March 	1 minute each exercise.	The warm-up should be gradual and slowly increase the intensity throughout. At the end you want to the whole body to feel warm, so you are ready to exercise. Forward Punches – Do not lock arms out. Squats – Feet hip width part, chest up and go as low down as you feel comfortable with.
Main Section: Circuit One: Step Ups	20 reps (10 leading with the left foot and then 10 with the right foot leading). 20 reps.	Step Ups – Use the bottom step of the stairs in you house and step up and down. Go at your own pace with this.
Side StepsCircuit Two:Side RaisesBicep Curl	12 reps. 12 reps (6 each leg). 10 reps.	Side Steps – Take one step to the right, then to the left and repeat. Go at your own pace.
• Wall Climbers	.	

Repeat circuits once all the way through. As time goes on if you wish to progress then you can repeat the circuit a maximum of three times. It is important to work at your own level.

Side Raises – Have you hands down by your side and feet hip width apart. Slowly raise both arms out to the side, lifting no higher than shoulders and then slowly bring the arms back down by your side. This should be a controlled move.

Bicep Curl – Stand feet hip width apart and keep the elbows tucked into the body. Start with arms straight down and palms facing forward, then bend at the elbow to bring the hand towards the shoulder and slowly release back down.

Wall Climbers – Face the wall, put your hands on the wall and do a high knee march/jog with your feet.

Quadricep Stretch - Stand up, lift your right foot, and grasp it with your right hand. If this is too much you can hold the lower leg or shoe. Pull the foot toward your butt, hold, and repeat with the left foot.

Hamstring Stretch – Take a big step forward, make sure the leg at the front has a slight bend and the back leg is straight. You should feel this stretch in the hamstring of the back leg, if you can't feel it, bend the front leg slightly more.

Chest Stretch – Place the palm of your hands on to the base of your back then look up, chest out and squeeze the shoulders blades together.

Shoulder Stretch – Bring the right arm straight out in front then bring it across the front of the body. Grab hold of the arm with your left arm so it doesn't move and pull the arm close, so you feel the stretch in your shoulder.

Cool Down:

- Quadricep Stretch
- Hamstring Stretch
- Chest Stretch
- Shoulder Stretch

Hold all stretches for a minimum of 20 seconds on each side.

Training Disclaimer: As with any form of exercise there is a risk of injury that may and could occur. By following this exercise plan, you acknowledge that you are happy and fully agree to take part in this exercise routine. In addition, by following this exercise plan you agree to take part in any activities at your own risk and Derby County Community Trust will not be liable for any injuries that may occur during any session.