

LOW BACK PAIN AND TENSION

A physiotherapy guide and exercise programme for people who spend long hours standing or perform activities that increase the load on the lower back



♦ INTRODUCTION

If you are reading this guide, you are probably experiencing symptoms such as:

- ♦ tension in the lower back
- ♦ a feeling of overload in the lumbar region at the end of the day
- ♦ discomfort when standing for prolonged periods
- ♦ lower back fatigue during work activities

- ♦ a frequent need to change position
- ♦ a feeling of stiffness or compression in the lower back

The first thing we would like to tell you is this:

 **You are not alone.**

Some work and sporting activities require the back to remain active for long periods of time.

Jobs that involve standing for many hours, handling loads, reaching overhead or repeatedly using the lower back can increase the demands placed on the muscles and joints of the lumbar region.

♦ WHY HAVE WE CREATED THIS GUIDE?

Many people attempt to relieve their lower back discomfort exclusively through rest or passive treatments.

While these strategies may provide temporary relief, they do not always help improve the spine's ability to tolerate the demands of everyday life.

 **The goal of this guide is to help you progressively improve mobility, function and work capacity of your back through simple exercises that can be performed at home.**

♦ AN IMPORTANT CONCEPT

When an area of the body works intensively for long periods of time, it is normal for some muscles to develop feelings of tension or fatigue.

For this reason, in addition to reducing symptoms, it may be helpful to improve spinal mobility and maintain good movement capacity in the tissues involved in lumbar function.

♦ HOW TO USE THIS PROGRAMME

 **This is not a random list of exercises.**

It is a short guide designed to help you improve lumbar function and progressively reduce the sensation of tension associated with certain work and postural demands.

Perform all exercises slowly and with control, always respecting your symptoms.

EXERCISES

♦ FREQUENCY

👉 Perform the programme **2–3 times per week for approximately 3 weeks.**

✓ slow and controlled execution

✓ quality of movement before quantity

✓ consistency and gradual progression

⚠ BEFORE YOU START

👉 Work within a **mild to moderate level of discomfort**, not intense pain and not with the expectation of being completely symptom-free.

A slight level of discomfort during some exercises can be normal and may be part of the adaptation process.

✗ Avoid significant increases in pain during or after the session.

👉 If this occurs, temporarily reduce the intensity or volume of the exercises.

📈 **Improvement is usually gradual and requires time, repetition and appropriate load management.**

1 ASSISTED ABDOMINAL ACTIVATION

https://youtube.com/shorts/0EQLQ53gf_o

Position

Lie on your back.

Place both feet on the floor and hold a stick behind your knees using both hands.

Execution

Bring your knees towards your chest using your legs and abdominal muscles.

Once you reach this position, use the stick to gently assist a slightly greater movement of the knees towards the chest.

Then slide the stick slightly away from the back of the knees and slowly return your feet to the floor while activating your abdominal muscles during the descent.

Sets

2–3 sets of 10–15 repetitions.

Why is it important?

This exercise combines lumbar mobility and abdominal muscle activation, helping improve movement control and tolerance to different lumbar positions.

2 SIDE-LYING LUMBAR FLEXION



Position

Lie on your side.

Execution

Bring one knee towards your chest while gently moving your head towards the knee, as if you were trying to curl yourself into a ball.

Perform the movement slowly and in a controlled manner.

Sets

2–3 sets of 10–15 repetitions per side.

Why is it important?

It helps improve lumbar spine mobility and encourages movements that are often limited in people who spend many hours standing or performing excessive physical work involving the back.

3 DYNAMIC RELEASE OF TENSION POINTS

<https://youtube.com/shorts/TRCkvTBHcFE>

Position

Sitting or standing.

Identify an area of the lower back muscles that feels particularly tense or sensitive.

Execution

Apply moderate pressure to the area while performing gentle trunk side-bending and rotation movements.

Sets

1.5 minutes per area.

Repeat approximately 6 times over the area of greatest pain or discomfort.

Why is it important?

The combination of pressure and movement may help reduce local sensitivity and improve tissue mobility.

4 DYNAMIC DECOMPRESSION IN QUADRUPED POSITION

<https://youtube.com/shorts/j9nb0RIb5lo>

Position

Start on all fours.

Execution

Slowly move your hands forward while bringing your hips towards your heels, seeking a comfortable feeling of stretch and decompression.

Hold the position for approximately **10 seconds**.

Return to the starting position and repeat the movement, progressively moving the hands further forward whenever comfortable.

Sets

6–8 repetitions, holding each position for 10 seconds.

Why is it important?

This exercise promotes overall spinal mobility, a feeling of lumbar decompression and progressive tolerance to movement.

♦ PRACTICAL TIP 💡

👉 Try to vary your working position whenever possible.

Even small postural changes or short breaks throughout the day may help reduce the accumulated load placed on the lower back.

♦ FINAL MESSAGE ❤️

If you have reached this point, you have already taken an important step:

👉 **You have started actively working to improve the function and mobility of your back.**

Remember:

- ✅ there is no need to rush
- ✅ there is no need to force movement
- ✅ the body adapts progressively over time

📊 What matters is gradually noticing:

- ♦ less tension
- ♦ improved lumbar mobility
- ♦ greater comfort during daily activities
- ♦ more confidence in movement

👉 If after approximately **3–4 weeks** you do not notice any improvement or your symptoms worsen, it may be advisable to consult a qualified healthcare professional for a more comprehensive assessment.

♦ WHAT HAPPENS NEXT?

This guide represents only a first step.

If you would like a more comprehensive and structured programme, you can explore our advanced protocols designed to help you continue progressing in a gradual and individualised way.

link: <https://physiocarehub.eu/low-back-pain-and-tension/>

♦ SUPPORT

 support@physiocarehub.eu

👉 You do not have to go through this alone.

I am here to help.

Antonio

PhysioCareHub



