

LOW BACK PAIN AND TENSION

A physiotherapy guide and exercise programme for people who spend long hours sitting or driving



♦ INTRODUCTION

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

- ♦ lower back tension at the end of the day
- ♦ a feeling of stiffness in the lower back
- ♦ discomfort after sitting for prolonged periods
- ♦ lower back pain while driving
- ♦ a feeling of a "loaded" or fatigued back

- ♦ a frequent need to change position while sitting

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

👉 **You are not alone.**

More and more people spend a large part of their day sitting at a computer, driving or maintaining prolonged lumbar flexion positions.

Over time, these situations may be associated with reduced exposure to lumbar extension movements and a progressive feeling of stiffness and tension in the lower back.

♦ **WHY HAVE WE CREATED THIS GUIDE?**

Many people attempt to solve their lower back discomfort exclusively through rest, massage or passive treatments.

While these strategies may provide temporary relief, they do not always help improve the movement capacity and adaptability of the lumbar spine.

👉 **The goal of this guide is to help you progressively restore mobility, function and confidence through simple exercises that can be performed at home.**

♦ **AN IMPORTANT CONCEPT**

If you spend many hours sitting or driving, your back may become accustomed to certain positions throughout much of the day.

For this reason, in addition to reducing symptoms, it may be helpful to gradually reintroduce lumbar movements that are used less frequently during everyday activities.

♦ **HOW TO USE THIS PROGRAMME**

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

It is a short guide designed to help you restore mobility, reduce feelings of stiffness and progressively improve movement tolerance.

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 POSTERIOR OPENING IN SIDE-LYING



Position

Lie on your side.

Execution

Move the upper leg backwards while simultaneously bringing your head backwards, opening the body through the posterior chain.

Perform the movement slowly and in a controlled manner.

Sets

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

Why is it important?

This exercise helps progressively expose the spine to opening and extension movements, which are often underused in people who spend many hours sitting.

2 SEGMENTAL LUMBAR EXTENSION



Position

Lie on your back with your knees extended.

Execution

Lift only the lumbar region using a short and controlled movement.

Your feet, legs and upper back should remain in contact with the floor throughout the exercise.

👉 The goal is not to lift the entire body, but to specifically mobilise the lumbar region.

Sets

2–3 sets of 10–15 repetitions.

Why is it important?

It helps improve segmental mobility of the lumbar spine and restore extension movements that are often limited in people who spend many hours sitting.

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 tension or discomfort.

Why is it important?

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

4 PASSIVE LUMBAR EXTENSION



Position

Lie on your back.

Place a fitball, a thick cushion or several cushions underneath your lower back.

Execution

Allow your back to relax comfortably over the support, encouraging a gentle extension of the lumbar region.

Breathe slowly and comfortably throughout the exercise.

Sets

2–3 sets of 10–15 repetitions.

Why is it important?

People who spend many hours sitting often use lumbar extension movements less frequently.

This exercise gradually exposes the lower back to an extension position in a comfortable and controlled way.

♦ PRACTICAL TIP 💡

👉 Try to stand up and move around for a few minutes every 30–60 minutes whenever possible.

There is no perfect posture that should be maintained for hours at a time.

The ability to vary movement is often more important than trying to maintain a specific position throughout the day.

♦ FINAL MESSAGE 💙

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

👉 **You have started actively working to improve the mobility and function 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 stiffness
- ♦ greater comfort while sitting
- ♦ improved lumbar mobility
- ♦ 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

