

## **Top 5 Core Exercises for a Bad Back**

If you suffer from back pain, strengthening your core can be one of the most effective ways to alleviate discomfort and support your spine. A strong core provides stability and reduces the strain on your back muscles, making daily activities easier and more comfortable. Here are the top five core exercises specifically designed for those with back issues. *Before performing any exercises please contact us or a doctor for a full consultation and diagnosis of your problem.*

### **1. Pelvic Tilts**

Pelvic tilts are gentle and effective for strengthening the abdominal muscles while alleviating lower back pain.

- How to do it: Lie on your back with your knees bent and feet flat on the floor. Slowly flatten your lower back against the floor by tilting your pelvis upward. Hold for a few seconds, then return to the starting position. Repeat 10-15 times.

### **2. Bird-Dog**

This exercise helps improve balance and stability while strengthening the core and lower back muscles.

How to do it: Start on your hands and knees, with your wrists aligned under your

shoulders and your knees under your hips. Extend your right arm forward and your left leg backward simultaneously, keeping your hips level. Hold for a few seconds, then return to the starting position. Alternate sides and repeat for 10-12 reps on each side.

### **3. Bridges**

Bridges are excellent for strengthening the glutes and lower back while engaging the core.

- How to do it: Lie on your back with your knees bent and feet hip-width apart. Press your heels into the floor and lift your hips towards the ceiling, squeezing your glutes at the top. Hold for a few seconds before lowering back down. Perform 10-15 repetitions.

### **4. Modified Plank**

The plank is a classic core exercise, but a modified version can make it safer for those with back issues.

- How to do it: Start on your hands and knees, then lower your forearms to the ground, keeping

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your elbows under your shoulders. Step your feet back  
to form a straight line from

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