

Boot Camp for Persistent Low Back Pain

Date						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1. Bike/walk/run/swim	___ min	___min	___min	___min	___min	___min
Lying on Back						
2. Knee to chest stretch Right then left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
3. Knee to opposite chest stretch- right and left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
4. Double knee to chest	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
5. Pelvic twist 5.b Advanced Pelvic twist	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
6. Leg lift (hamstring and calf stretch) Right then left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
7. Pelvic tilt	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
8. Half sit ups	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
Lying on Side						
9. Side sit ups- knees bent – Right then left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
10. Side hip lifts Right then left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
11. Quad stretch-heel to buttock with pelvic tilt. Right then left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
12. Side plank (Advanced) Right then left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
Lying on stomach (use large pillows under pelvis)*						
13. Back extension prone stretch (Advanced) with outstretched arms	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
14. Back leg extensions* (Advanced) lift 6 inches. RT & LT	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
14b. Back leg extension using chair 12 inches up-down, Right & left	repeat ___ sets___	repeat ___ sets___	repeat ___ sets___	repeat ___ sets___	repeat ___ sets___	repeat ___ sets___
15. Torso extensions* (Advanced) lift 6 inches.	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
15b. Torso extension using table 6-12 inches move up-down	repeat ___ sets___	repeat ___ sets___	repeat ___ sets___	repeat ___ sets___	repeat ___ sets___	repeat ___ sets___
16. Front plank (Advanced)	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
Standing						
17. Standing side bend Right and left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
18. Hip flexor stretch Right then left	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
19. Back extensions stretch (Advanced)	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
20. Standing pelvic tilt	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___	hold ___ repeat___
Walking						
21. Graduated walking with pelvic tilt	___ steps	___steps	___steps	___steps	___steps	___steps
Postural instruction	Sit/drive	Computer/ mobile device	Stand	Walk	Sleep	Daily Awareness
Step/Activity count						

Version October 2014

1

BIKE/WALK/RUN/SWIM

Instructions

Each boot camp program includes aerobic exercise. The type and intensity of the aerobic exercise you will be asked to do will depend on the severity of your low back pain, your level of fitness and any other underlying health problems you may have. Consult your health care professional before engaging in any aerobic exercises to ensure it is safe for you.

If you use a stationary bike it is important to adjust the seat height to a level that allows the knee to almost fully extend while pedaling.

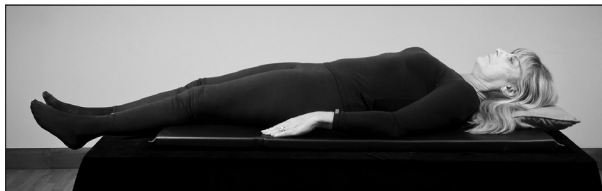


SCHEDULE

Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Bike/walk/run/swim	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes
For bike: tension (resistance)						

KNEE TO CHEST STRETCH

2



Instructions

While on your back bring one knee to your chest. Then, with both hands on the knee, pull the knee as far as you can to your chest/shoulder. Keep the other leg straight on the mat. Repeat on the other side.



SCHEDULE

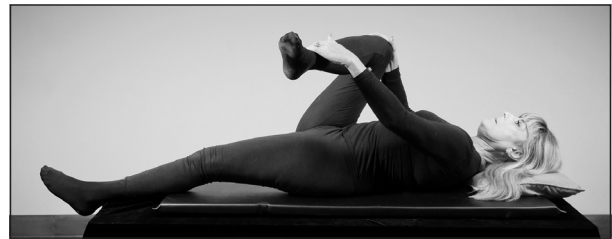
Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Knee to Chest stretch	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___

3

KNEE TO OPPOSITE SHOULDER STRETCH

Instructions

Instructions: While on your back, bring one knee to your chest. Then, with both hands on the outside of the knee, pull the knee as far as you can toward the opposite shoulder. Then, grasp the ankle with your opposite hand and pull at the same time as you are directing the knee to the opposite shoulder. Repeat on the opposite side.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Knee to Opposite Shoulder Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

DOUBLE KNEE TO CHEST STRETCH

4



Instructions

Using your hands bring both knees toward the chest and pull as far as you can go and hold.

** Note: Exercises 2, 3 and 4 can be done in the following sequence for efficiency: knee to chest, then knee to opposite shoulder stretch then repeat on the other side and then finish with double knee to chest stretch.*

SCHEDULE

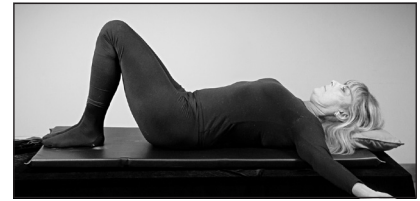
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Double Knee to Chest Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

5

PELVIC TWIST STRETCH

Instructions

Lying on your back bend both knees keeping your feet flat on the floor. Bring both knees together to one side then the other. It is important to keep your shoulders flat on the floor and do not shift your pelvis when moving side to side.



SCHEDULE

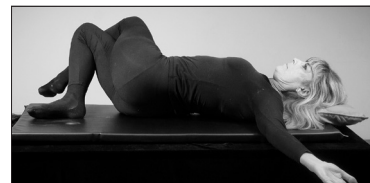
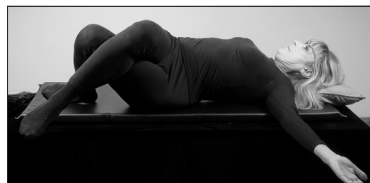
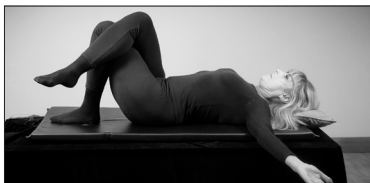
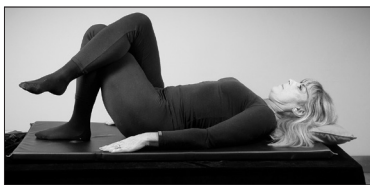
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pelvic Twist Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

5b

ADVANCED PELVIC TWIST

Instructions

Lying on your back, bend both knees keeping your feet flat on the mat. Place the right leg over the left knee and while keeping the shoulder on the mat drop the right knee towards your left side as far as you can. Repeat the process on the opposite side by placing the left leg over the right leg. Repeat by going side to side.

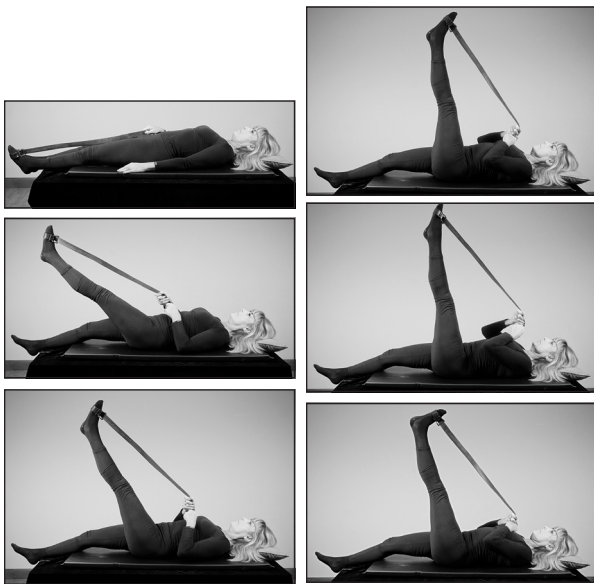


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Advanced Pelvic Twist	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

LEG LIFT (HAMSTRING AND CALF STRETCH)

6



Instructions

There are two phases to this exercise. First, lying on your back and using a belt or strap, wrap the belt around the base of the toes of one foot. Pull the leg up towards you as far as you can with the knee straight and hold. Second, point the toes towards the ceiling and then using the belt pull the foot down while keeping the knee straight, then repeat. Repeat on the opposite side.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Hamstring then Calf Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

PELVIC TILT

7



Instructions

Lying on your back, squeeze your buttock muscles together and while contracting your lower abdominal muscles, tilt your pelvis towards you while flattening your lower back against the floor. Hold this position. Do not elevate your pelvis off the floor.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pelvic Tilt	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

8

HALF SIT-UP

Instructions

Lying on your back, bend both knees and keep your feet flat on the floor. Place your arms across your chest. Elevate your torso off the floor. Hold this position.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Half Sit-Up	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

9

SIDE SIT-UP

Instructions

Lying on your right side with both knees bent, bend your right arm, making a fist, pointing to the ceiling, placing your right elbow against your body. Then, place your left open hand over the fist of the right hand. While pushing down with your left hand, elevate your torso. Hold this position.



SCHEDULE

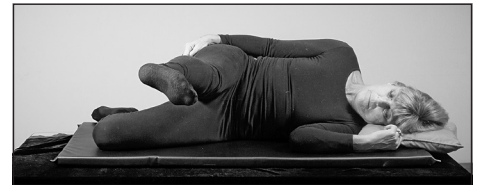
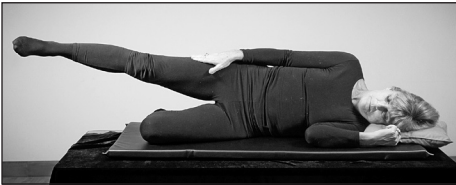
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side Sit-Up	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

10

SIDE HIP LIFT

Instructions

Lying on your side with your bottom knee bent, raise your top leg, keeping it straight, about 12 inches above the mat. Hold this position. Then, move the straight leg toward your head about two feet and hold. Then, repeat and stretch as far as you can and hold. Repeat on opposite side.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side Hip Lift	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

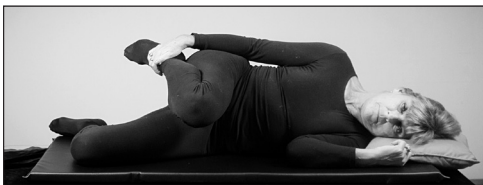
QUADRICEPS STRETCH

11



Instructions

Lying on your side with your bottom knee bent, grasp the ankle of the top leg and pull the leg backwards without arching your back. Hold this position.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Quadriceps Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

12

SIDE PLANK (ADVANCED)

Instructions

Lie on your side with both knees straight. Lift your body off the ground and balance on one forearm and the side of your foot. Place your opposite hand on your hip. Contract your abdominal muscles and hold for 10 seconds. Repeat on the opposite side.

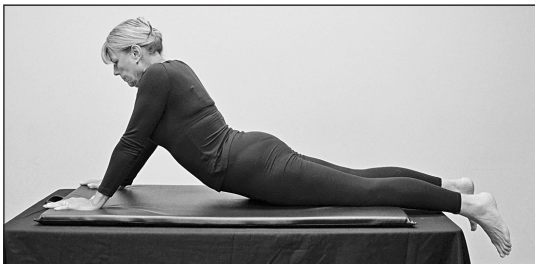


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side Plank	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

PRONE BACK EXTENSIONS (ADVANCED)

13



Instructions

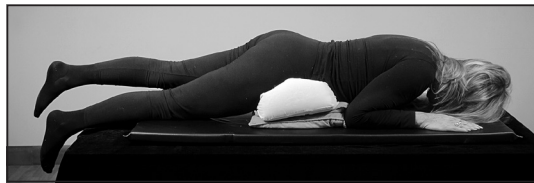
Lie on your stomach on a firm surface with your feet together. While keeping your back relaxed and hips on the floor, prop yourself up onto your forearms (or if you can outstretched arms like doing a push-up), keeping your back relaxed. Exhale when you reach the top and let your mid-back sag as you exhale. Hold the position and then slowly lower yourself to the starting position.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Prone Back Extensions	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

BACK LEG EXTENSION (ADVANCED)

14



Instructions

Place a stack of pillows or blankets on the mat about 12 inches high. Lie, face down, with your pelvis on the pillows or blankets. Lift your leg 6 inches off the mat, keeping your knee straight. Do not arch your back. Hold this position. Repeat on the opposite leg.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Leg Extension	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

14b

BACK LEG EXTENSION USING CHAIR

Instructions

Place a chair with arm rests against a wall. Lean forward and place hands on arm rests. Extend the right leg backwards keeping your knee straight. Do not over arch your back. Elevate foot about 12 inches above the floor then return to rest position and repeat. Repeat on opposite side.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Leg Extension using chair	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	hold ____ repeat ____

15

TORSO EXTENSION (ADVANCED)

Instructions

Place a stack of pillows or blankets on the mat about 12 inches high. Lie, face down, with your pelvis on the pillows or blankets. Place your hands behind your back. Keeping your back straight, lift your torso 6 inches off the mat. Do not arch your back. Hold this position.



SCHEDULE

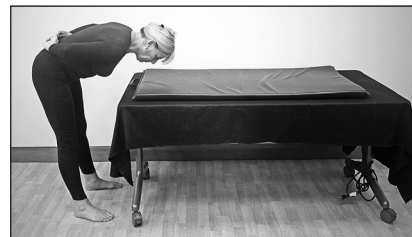
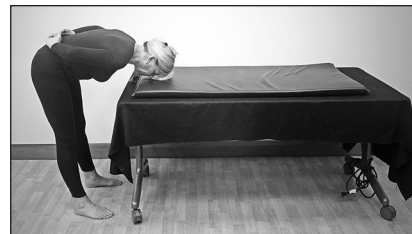
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Torso Extension	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

15b

TORSO EXTENSION USING TABLE

Instructions

Stand in front of a table/desk with legs shoulder width apart. Place hands behind your back. Lean forward until your nose touches the table/desk, then elevate torso about 6-12 inches and then go down to the table again and repeat.



SCHEDULE

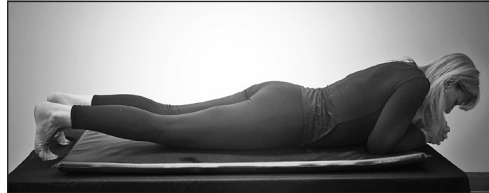
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Torso Extension using table	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____	repeat ____ sets ____

FRONT PLANK (ADVANCED)

16

Instructions

Lying face down on mat, place elbows shoulder width apart and hands and feet together. While contracting abdominal muscles elevate your body balancing your weight onto your forearms and toes. Hold this position.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Front Plank	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

17

STANDING SIDE BEND STRETCH

Instructions

Stand near a wall for support and cross one leg over the other leg at the ankle. Extend the arm (that is on the same side as the front leg) overhead, reaching toward the opposite side. You should feel a stretch along the hip of the front leg. Hold this position and then repeat on the opposite side.



SCHEDULE

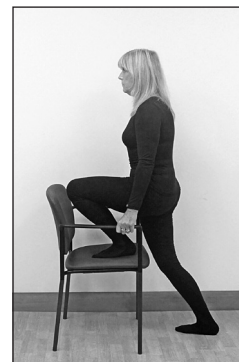
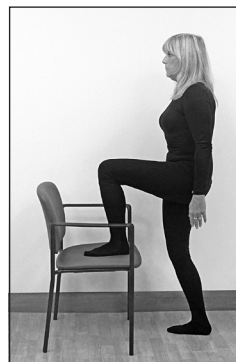
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Side Bend Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

18

HIP FLEXOR STRETCH

Instructions

Place a chair up against a wall. Place one foot on the chair with the knee bent. The other leg should be straight and about 6 inches from the chair. Then, while maintaining the pelvic tilt, lean forward by bending the knee that is on the chair. You should feel a stretch along the groin of the opposite leg. Hold this position. Repeat on opposite side.

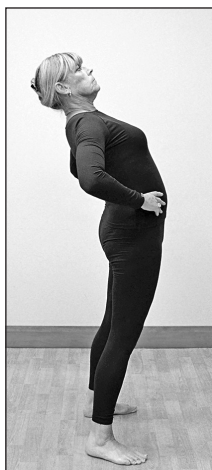


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Hip Flexor Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

STANDING BACK EXTENSIONS (ADVANCED)

19



Instructions

While standing with your feet shoulder width apart, place your hands on your hips and lean back to arch your back. Hold this position.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Back Extension	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

20

STANDING PELVIC TILT

Instructions

Standing, with your feet shoulder width apart, squeeze your buttocks and perform the pelvic tilt. Avoid arching your back. Hold this position.



SCHEDULE

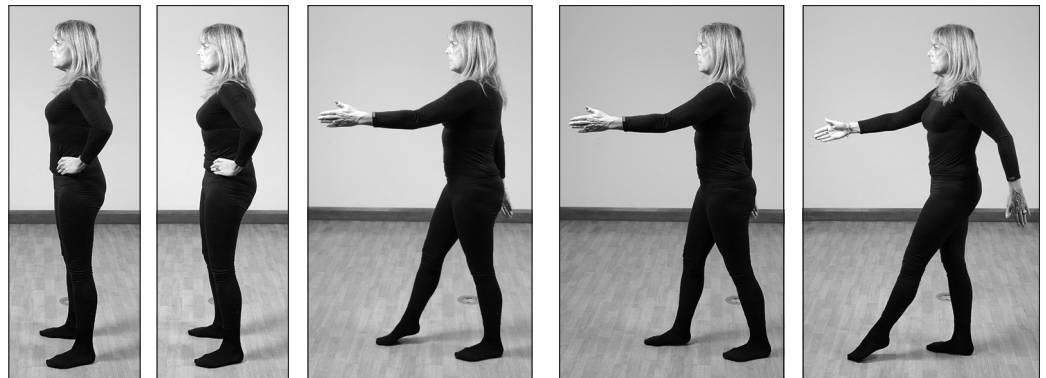
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Pelvic Tilt	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

WALKING PELVIC TILT

21

Instructions

Stand in the pelvic tilt position. While maintaining the pelvic tilt position attempt to walk normally, swinging your arms.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Walking Pelvic Tilt	steps ____	steps ____	steps ____	steps ____	steps ____	steps ____