

Exercises to relieve sudden back pain



The pelvic floor muscles control urination but they also play an important role in supporting the pelvis and lower back.

Activate the muscles laying on your back with your knees bent:
Women: Contract the anus lightly as if you were holding gas. In addition, contract the vagina and the urethra as if holding urine and drawing the pelvic floor upwards. Draw your lower abdomen/navel towards your spine.

Men: Contract the anus and try to draw the testicles upwards. Draw your lower abdomen/navel towards your spine.

In addition:

Maintain the tension for 10 seconds → relax and repeat 10 times.



Bring your legs above your abdomen. Tighten the pelvic floor and lower abdomen lightly as described above and draw the thighs towards the chest using the abdominal muscles. Remain in this position for 5 to 10 seconds and relax the muscles.

Repeat 5 to 10 times. **The exercise must not increase your pain.**

This exercise activates the abdominal muscles and stretches the back muscles.



Lean your back against the wall, heels approximately 20 cm away from the wall, knees slightly bent. Tighten the pelvic floor and lower abdominal muscles. Press the curved part of your back against the wall so that the lower back straightens. Hold for 10 seconds and return to the starting position. You can also place your fingers on the curve of your lower back to feel your back press against your fingers.

This exercise activates the supporting muscles of the back and stretches the lower back muscles.



Stretching the buttock muscles: draw your knee using the hand of the same side towards the opposite shoulder.

Draw your ankle towards the surface with the other hand so that you can feel a stretch in your buttock. Keep your lower back against the surface.

Hold this stretch for 30 to 60 seconds and breathe calmly.



Pump stretch of the muscles in the back of the leg: Grab the hollow of the knee with both hands. Keep the thigh still while extending the knee and flexing the ankle. Let the knee flex again and relax the ankle as pictured.

Repeat the pumping action slowly 10 to 20 times.

Do not perform the stretching exercise if it causes pain that radiates from the back to the leg or worsens it.



You can lie on the floor and lift your legs onto a chair or pile sofa cushions under your legs.



Place a towel roll to support the side and a pillow between your knees.

Try resting positions as shown in the pictures. Intervertebral disc pressure is reduced in these positions. Rest your back in these positions several times a day. If the pain eases, you can sleep in these positions.

A resting position must not increase your pain.

Pictures and text by Anne Friman