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HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Core and Low Back Strengthening Home Exercise Program and Foam Rolling

STRETCHING



Low Back Rotation 3 sets of 10 repetitions, 3 times a day, both sides

While lying on your back with both of your knees bent, rotate your head to one side. Then gently drop both knees to the opposite side. Hold for 5 seconds. Return to the original position. Repeat to the opposite side.



Double Leg Pull 3 sets of 10 repetitions, 3 times a day

While lying on your back with both of your knees bent, gently pull both knees to your chest. Hold for 5 seconds. Return to the original position.



Single Leg Pull 3 sets of 10 repetitions, 3 times a day, both sides

While lying on your back with both of your knees bent, gently pull one knee to your chest while the other leg and back are on the table. Hold for 5 seconds. Return to the original position. Switch legs.



Back Press 3 sets of 10 repetitions, 3 times a day

While on your hands and knees, be aware of good posture with your knees under your hips and your hands under your shoulders. Gently press your back upward by tightening your abdomen and buttocks. Allow your head to drop slightly. Hold for 5 seconds.





Back Release 3 sets of 10 repetitions, 3 times a day

While on your hands and knees, be aware of good posture with your knees under your hips and your hands under your shoulders. Gently allow your back to 'sag' by relaxing your abdomen and buttocks. Hold for 5 seconds.



Child's Pose Hold 20-30 seconds, 3 repetitions, 1-2 times a day

Kneel on the mat and sit your hips back onto your heels. Fold your chest forward toward your thighs and rest your forehead near the floor, reaching both arms long overhead with palms down. Relax and breathe, letting your low back gently lengthen. Hold, then slowly return upright.



Figure-4 Piriformis Stretch Hold 20-30 seconds, 3 repetitions each side

Lie on your back with both knees bent. Cross one ankle over the opposite knee to make a figure-4. Grasp behind the thigh of the bottom leg and gently pull it toward your chest until you feel a stretch deep in the buttock of the crossed leg. Keep your head and shoulders relaxed on the mat.



Half-Kneeling Hip Flexor Stretch Hold 20-30 seconds, 3 repetitions each side

Kneel on one knee with the other foot planted in front (half-kneeling). Keeping your trunk tall and abdomen gently braced, shift your weight forward until you feel a stretch across the front of the hip on the kneeling side. Do not arch the low back. Hold, then switch sides.



Standing Back Extension 10 repetitions with a 2-3 second hold, 1-2 times a day

Stand with feet hip-width apart and place both hands on your low back for support. Gently lean your upper body backward as far as is comfortable, hold briefly, then return upright. Move smoothly and stay within a pain-free range. This is a useful counter-movement after prolonged sitting or bending.

STRENGTHENING

The web version links to the shared knee/hip exercises (*Knee Bends Against A Chair, Hamstring Stretching, Heel Prop/Quad Isometric, Wall Slides/Sits, Straight Leg Raises, Sit To Stand, Bridging, and the theraband hip series*) in the Knee HEP rather than duplicating them here — per Dr. Kelly 2026-07-09.



Elbow Press (Prone Press-Up) 3 sets of 10 repetitions, 3 times a day

While lying face down, legs straight and feet slightly apart. Keep your legs and abdomen against the table. Press yourself up on your forearms. Hold for 5 seconds. Return to original position.



Bird Dog 2-3 sets of 8 repetitions each side, 3-5 second hold

Start on your hands and knees with your spine in a neutral position. Tighten your abdomen, then reach one arm straight forward while extending the opposite leg straight back until both are parallel to the floor. Keep your hips level and back flat — do not let the trunk rotate or sag. Hold, return with control, and switch sides.



Side Plank 3 holds of 10-20 seconds each side; start from the knees if needed

Lie on your side propped on your forearm with the elbow directly under your shoulder. Lift your hips so your body forms a straight line from head to feet, and hold without letting the hips drop. To make it easier, keep your knees bent and lift from the knees instead of the feet. Breathe throughout the hold.



Modified Curl-Up 2-3 sets of 8 repetitions, 5-8 second holds

Lie on your back with one knee bent and the other leg straight. Place both hands palms-down under the small of your low back to support its natural arch. Lift your head and shoulders just a few inches off the mat without bending the neck — think of the head and chest rising as one unit. Hold, then lower slowly. Switch which knee is bent halfway through.



Dead Bug 2-3 sets of 8 repetitions each side, slow and controlled

Lie on your back with both arms pointing toward the ceiling and both hips and knees bent to 90 degrees. Brace your abdomen so your low back stays flat against the mat. Slowly lower one arm overhead while

straightening the opposite leg toward the floor, stopping just above the mat. Return and repeat with the other arm and leg. Stop the movement short if your low back begins to arch.



Forearm Plank 3 holds of 20-30 seconds

Prop yourself on both forearms with elbows under your shoulders and your body in one straight line from head to heels. Tighten your abdomen and squeeze your glutes so the hips neither sag nor pike. Hold while breathing normally. If form breaks down, rest and try a shorter hold rather than letting the low back sag.

FOAM ROLLING FOR LOWER BACK PAIN



Foam Roll — Hamstrings

Sit with your right leg on the foam roller; bend your left knee, cross your left ankle over your right ankle, and put your hands on the floor behind you. Roll up and down from your knee to just under your right butt cheek. Switch legs.



Foam Roll — Quadriceps

Lie facedown on the floor and place the foam roller under your hips. Lean on your right leg and roll up and down from your hip to your knee. Switch legs.



Foam Roll — Back

Sit on the floor with the foam roller on your lower back, resting your hands behind you for balance. Tighten your abs and slowly bend your knees to move the roller up your back, just below your shoulder blades.



Foam Roll — Gluteal Musculature

Sitting on the foam roller, cross your right leg over your left knee and lean toward the right hip, putting your weight on your hands for support. Slowly roll one butt cheek over the roller. Switch sides.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.

