

## Multifidus Training

1



In standing, put one foot a yard in front of the other. With the hand from the same side as the forward foot, feel the base of the back for an area in between the spine and a bony part of the pelvic crest

2



Once the hand is placed correctly, gently rock your weight onto the front foot, lifting the back foot onto tip toes. The hand on the back should feel the muscle at the base of the spine contract

Rock back and forward on the front leg up to 30 times, aiming to contract and relax the muscle underneath your fingers. Repeat with the other foot forward and the hand on the other side of the spine. The multifidus muscle in people with back pain is often either very weak or continually active. By mimicking walking and focusing on turning the muscle on and off, you are retraining the multifidus to function properly.