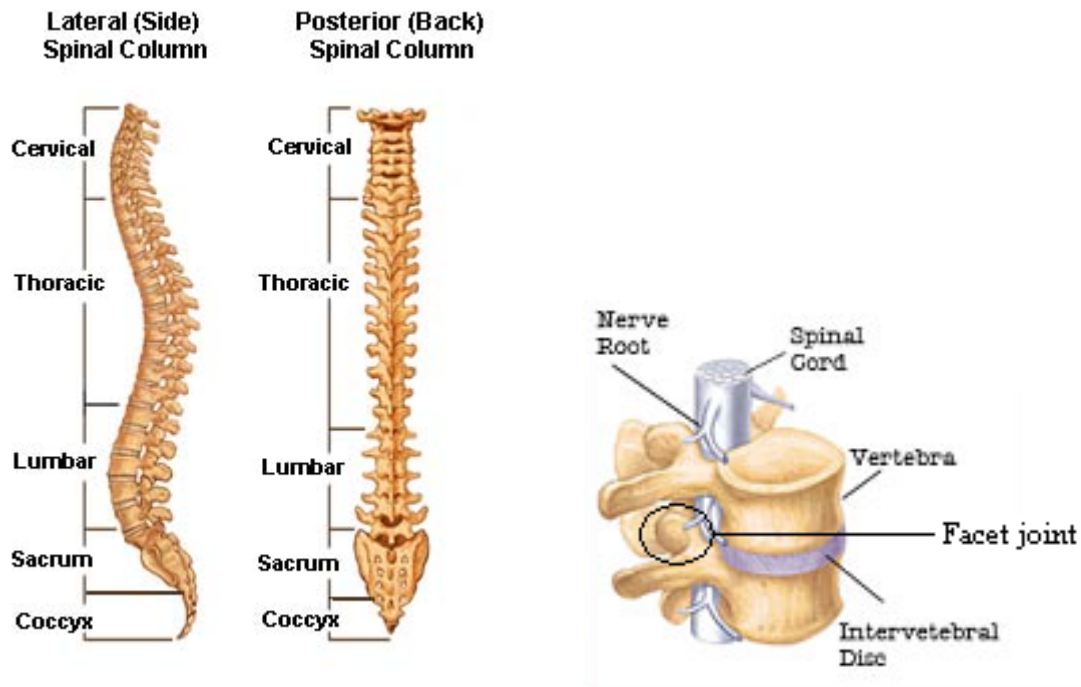


Lumbar Facet Joint Pain

The Lumbar Spine:

- The spine is made up of bony vertebrae stacked one on top of another, separated by discs
- The vertebrae and discs are linked by a series of joints (facet joints) to form the lumbar spine or low back
- Each joint is held together by a capsule and ligaments
- When these ligaments are placed under extra strain, it can lead to back pain



Common Causes of Facet Joint Pain:

- Repetitive extension movements or prolonged periods of extension of the lumbar spine
- Poor standing and sitting postures for prolonged periods
- Weak stabilizing muscles leading to increased stress on the facet joints
-

Management:

- Flexion in lying
- Gluteal stretch
- Piriformis stretch
- Hamstring stretch
- Strengthening of core stabilizing muscles is also very important as they work to support your back and reduce stresses going through the facet joints and therefore help to reduce facet joint pain

Flexion in Lying



Lying on your back with knees bent.
Gently hug your knees to your chest.
Hold 2-3 seconds and gently lower

Gluteal Stretch



Lying on your back, gently pull
your knee across your body, up
towards the opposite shoulder.

Piriformis Stretch



Lying on your back, cross one leg
over so that your ankle rests just
above the knee of the other leg. Pull
knee into chest to feel a comfortable

Hamstring Stretch



Lying on your back with knees
bent. Gently straighten one knee
and pull leg towards your chest
until you feel a gentle stretch at