

Back Exercises

Here are a few important suggestions for a successful back exercise program:

- If you are recovering from a back problem, follow only the exercises your doctor has recommended to avoid possible further injury.
- These exercises, done regularly will help you keep a healthy back.
- Exercise every day. Reserve 10 minutes each day, preferably 5 minutes in the morning and 5 minutes at night.
- Don't exercise if you are having pain. Don't over do it. Consult your physician if you experience pain while exercising.
- Begin your exercises in the starting position with a warm-up period lasting 2 to 3 minutes... loosen up by moving your arms and legs alternately tightening and relaxing your muscles.



Any therapeutic exercise program should be gradual.

Check with your doctor for instructions on any necessary program changes.

Rx Knee to Chest Raise

To help loosen up a stiff back

- A. Take starting position. B. Raise right knee to chest. C. Hold and count to 5. D. Repeat 5 times. E. Repeat steps A to D with left leg

Don't lift legs with arms or hands.

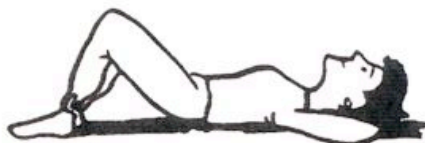


Rx Pelvic Tilt

To strengthen front and back muscles... reducing sway back

- A. Take starting position. B. Firmly tighten buttock muscles. C. Hold and count to five. D. Relax buttocks. E. Repeat 5 times.

Keep lower spine flat against floor.



Rx Half Sit-ups

To strengthen abdominal and back muscles

- A. Take starting position. B. Slowly raise head and neck to top of chest. C. Reach both hands forward and place on knees. D. Hold and count to five. E. Slowly return to starting position. F. Repeat 5 times.

Keep mid and lower back on floor.



☐ Rx Single Leg Raise

To help limber up... stretch hamstring

- A. Take starting position. B. Slowly raise right leg as high as you comfortably can. C. Hold and count to five. D. Return leg to floor.
E. Repeat 5 times. F. Repeat steps A to E with left leg.
Don't swing legs up fast or use arms or hands to help.



☐ Rx Nose to Knee Touch

To stretch hip muscles... strengthen abdominal muscles

- A. Take starting position. B. Raise left knee slowly to chest. C. Pull left knee to chest with both hands.
D. Raise head and touch nose to knee. E. Hold and count to five. F. Repeat 5 times. G. Repeat steps A to E with right leg.
Keep lower back flat to floor.



☐ Rx Hamstring Stretch

To limber up tight hamstring muscles

- A. Take starting position. B. Tuck right leg back.
C. Reach to touch toe with hands.
D. Repeat 5 times.
E. Repeat steps A to D with left leg tucked back.
Feel stretching of hamstrings.

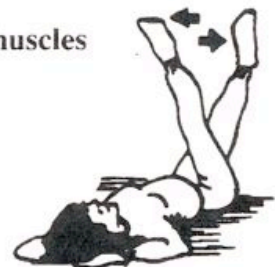
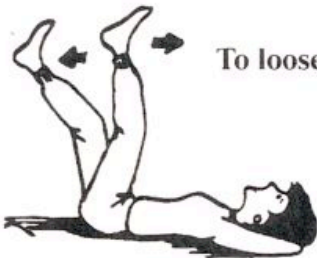


Advanced Exercise (Be sure to check with doctor!)

☐ Rx Scissors

To loosen and stretch abdominal, hip, back, and hamstring muscles

- A. Take starting position. B. Raise both legs until balanced.
C. Slowly scissor legs up and down 10 times.
D. Slowly scissor back and forth (cross ways) 10 times, alternating right leg over left, left over right.
E. Return knees to chest, then feet to floor. F. Repeat once.
Keep good balance and lower back flat on floor.



☐ Rx Hip Hyperextension

To stretch and strengthen hip, buttock, and back muscles

- A. Lie on stomach as pictured. B. Stiffen left leg straight. C. Slowly raise leg from hip.
D. Return leg to floor. E. Repeat 5 times. F. Repeat steps A to E with right leg.
Don't lift pelvis to raise leg... Keep leg straight.

