

LOW BACK CARE EXERCISES

General Instructions

1. The low back exercise program is a series of stretching exercises and strengthening exercises prescribed by your physician. The purpose of this exercise program is to improve the flexibility and strength of your back muscles essential for your low back care.
2. By following this program on a regular basis, you will see improvements in your posture, capacity to work. The exercises in this booklet will not irritate your back or neck when done properly. Perform each exercise at a slow pace at least once a day, everyday. If there is pain, stop.
3. Carefully follow the instructions and do only those exercises that have been recommended to you.
4. If you experience any discomfort other than muscle soreness, slow down the pace or decrease the number of repetitions.
5. If pain persist, discontinue exercises and contact your physician immediately. These exercises do not cause pain.

Exercise 1

Wall Slides

Stand with your back against a wall and feet shoulder-width apart. Slide down into a crouch with knees bent to about 90 degrees. Count to five and slide back up the wall. Repeat 5 times.



Exercise 2

Back Leg Swing

Stand behind a chair with your hands on the top of the chair. Lift one leg back and up while keeping the knee straight. Return slowly. Raise other leg and return. Repeat five times with each leg.



Exercise 3

Knee to Chest

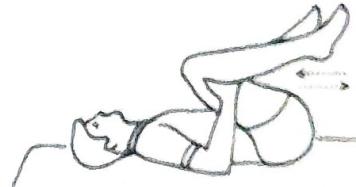
Lie on your back on a firm surface. Clasp your hands behind the thigh and pull it towards your chest. Keep the opposite leg flat on the surface of the floor. Maintain the position for 3 seconds. Switch legs and repeat five times.



Exercise 4

Lower Abdominal Exercises

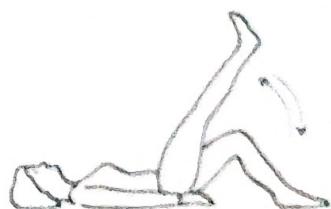
Lie on your back with your knees bent and feet flat on your bed. Place both hands under your knees and gently pull your knees as close to your chest as possible. Do not raise your head. Do not straighten your legs as you lower them. Repeat five times.



Exercise 5

Knees to Chest Exercise

Keep your knees bent and lie flat on the floor. Flatten your back to the floor by pulling your abdominal muscles up and in. Raise your leg keeping your knee straight. Hold for three seconds. Slowly lower the leg to the floor. Repeat on the opposite leg. Maintain your pelvic tilt and keep your resting leg relaxed at all times. Do not hold your breath. Repeat five times with each leg.



Exercise 6

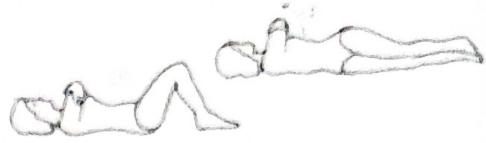
Pelvic Tilt

Push the lower part of your back into the floor by pulling the lower abdominal muscles up and in. Hold your back flat while breathing easily in and out. Hold for three seconds. Repeat five times.



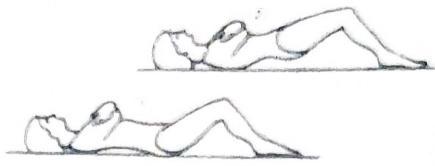
Exercise 7 Hip Rolling

Keep both knees bent, feet flat on the floor. Cross your arms over your chest. Turn your head (trunk) to the right as you turn both knees to the left. Allow your knees to relax and go down without forcing. Bring knees back up, head to center. Reverse directions. Repeat five times.



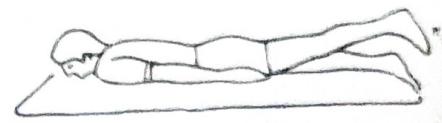
Exercise 8 Pelvic Lift

Keep your legs together. Cross your arms over your chest. Tilt your pelvis and push your low back to the floor as in the previous exercise. Slowly lift your pelvis off the floor as far as possible without straining. Maintain this position for three seconds. Lower your pelvis to the floor. Do not hold breath. Repeat five times.



Exercise 9 Leg Raises

Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Hold your leg up for a count of 5 and return it to the floor. Do the same with the other leg. Repeat five times with each leg.



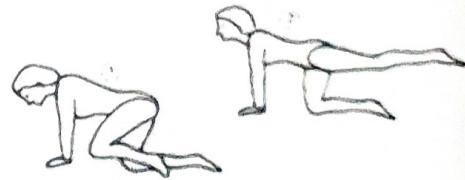
Exercise 10 Hip Extension

Bend your knee to a 90 degree angle so the sole of your foot faces the ceiling. Lift one thigh off the floor approximately 6 inches by raising your foot toward the ceiling. Your hip bones do not leave the floor as you lift the leg. Slowly lower your thigh back to the starting position. Repeat five times with each leg.



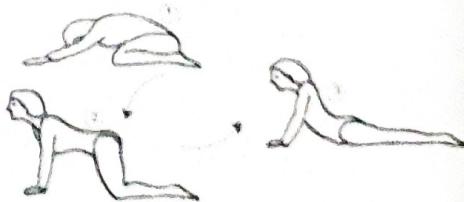
Exercise 11 Hip Extension (All-Fours Position)

Assume the "all-four's" position. Extend the head up and the leg out to a flat position parallel to the floor. Return to the starting position. Repeat five times, alternating legs.



Exercise 12 Hand-Knee Rocking

Kneel on a mat with your knees and ankles. Allow your buttocks to rest on your heels. Take your upper body over so you are in a crouched position with your arms stretched out in front of you. Relax in this position and then slowly move forward with your elbows straight into a press-up position. Repeat five times.



Exercise 13 Press Up

Straighten your arms, raising your upper trunk off the floor. Keep your pelvis against the mat, allowing your lower back to arch. Hold for three seconds. Return to starting position. Repeat five times.

