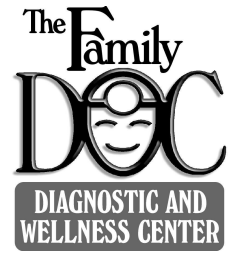


# Low Back Exercises

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## Exercise 1: Knee to Chest

**Starting Position:** Lie on your back on a table or firm surface.  
**Action:** Clasp your hands behind the thigh and pull it towards your chest. Keep the opposite leg flat on the surface of the table. Maintain the position for 30 seconds. Switch legs and repeat.



*Do Not Cause Pain.*

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## Exercise 2: Pelvic Tilt

**Starting Position:** Lie on your back on a table or firm surface. Your feet are flat on the surface and the knees are bent.  
**Action:** Push the small 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 five seconds. Do not hold breath.

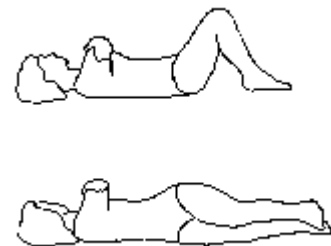


*Do Not Cause Pain.*

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## Exercise 3: Hip Rolling

**Starting Position:** Lie on your back on a table or firm surface. Both knees bent, feet flat on the table.  
**Action:** 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.



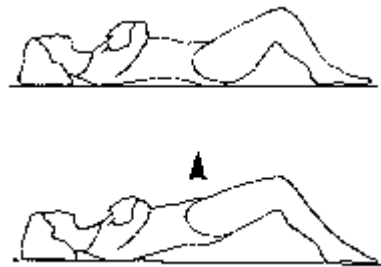
*Do Not Cause Pain.*

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## Exercise 4: Pelvic Lift

**Starting Position:** Lie on your back on a table or flat surface. Your feet are flat on the surface and your knees are bent. Keep your legs together. Cross your arms over your chest.

**Action:** Tilt your pelvis and push your low back to the floor as in the previous exercise, then slowly lift your buttocks off the floor as far as possible without straining. Maintain this position for 5 seconds. Lower your buttocks to the floor. Do not hold breath.

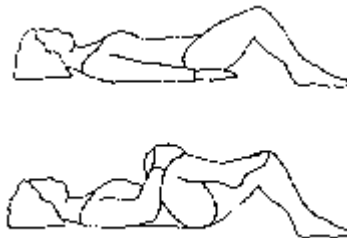


*Do Not Cause Pain.*

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## Exercise 5: Lower Abdominal Exercises

A.



**Starting Position:** Lie on your back on a table or firm surface. Knees bent and feet flat on the table. Flatten your back to the floor by pulling your abdominal muscles up and in.

**Action:**

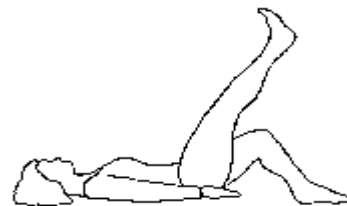
- A. Bring one knee toward your chest. Hold this position for \_\_\_\_ seconds. Lower your leg to the starting position. Then repeat on your opposite knee.
- B. Bring one knee toward your chest. Straighten the knee. Hold for \_\_\_\_ seconds. Slowly lower the leg to the starting position. Repeat on opposite leg.
- C. Raise your leg keeping your knee straight. Hold for \_\_\_\_ seconds. Slowly lower the leg to the floor. Repeat on the opposite leg.



C.

Maintain your pelvic tilt and keep your resting leg relaxed at all times. Do not hold your breath.

*Do Not Cause Pain.*



## Exercise 6: Curl Ups

**Starting Position:** Lie on your back on a table or flat surface. Your feet are flat on the surface and your knees are bent. Maintain your pelvic tilt for the curl up exercises.

**Action:**

- A. Slowly reach your arms in front of you as much as possible, curling your trunk. Slowly keep the neck muscles relaxed. Breathe normally. Slowly return to the starting position. *Do Not Cause Pain.*
- B. Fold your arms on your chest. Tuck your chin to your chest and slowly reach your elbows to your knees, curling your trunk. Keep neck muscles relaxed and breathe normally Return to the starting position.
- C. With your hands behind your head, slowly curl your head to your chest and then your trunk. Relax, breathe and then slowly return to the starting position.

*Do Not Cause Pain.*

A.



B.



C.



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## Exercise 7: Cat and Camel

**Starting Position:** Kneel down on the floor and assume the "all-four's" position. Keep your head straight so that the gaze of your eyes is toward the floor.

**Action:** Slowly allow your trunk to sag as far as you can so that your back is arched Do no, pull it down. but let it relax as you lift up your face towards the ceiling Then round your back up at the waist as far as you can by contracting your lower abdominal muscles as you lower the top of your head toward the floor. All motion should be initiated from your low back

*Do Not Cause Pain.*

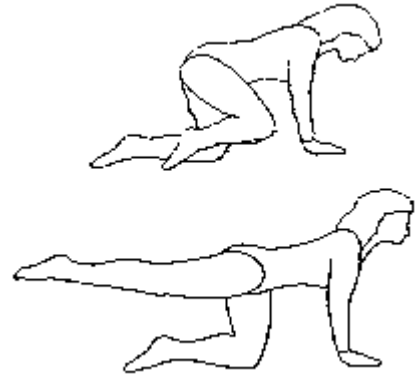


## Exercise 8: Hip Extension

**Starting Position:** Assume the "all-four's" position.

**Action:** Bring one knee toward your head as you lower the head. Extend the head up and the leg out to a flat position parallel to the floor. Return to the starting position. Repeat, alternating legs.

*Do Not Cause Pain.*



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## Exercise 9: Lying Prone In Extension

**Starting Position:** Lie on your stomach on a mat with your weight on your forearms.

**Action:** Lie on your stomach on a mat and lean on your elbows. Stay in this position for about \_\_\_\_\_, making sure that you relax your low back completely.

*Do Not Cause Pain.*



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## Exercise 10: Back Extension

**Starting Position:** Lie on your stomach on a mat. Place your arms at your sides so that your hands are by your hips.

**Action:** Raise your head and shoulders off the mat as high as comfortably possible. Hold for \_\_\_\_\_ seconds. Lower the head and shoulders. Do not tense your shoulder muscles.

*Do Not Cause Pain.*



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## Exercise 11: Hip Extension

**Starting Position:** Lie on your stomach on a mat. Bend your knee to a 90 degree angle so the sole of your foot faces the ceiling.

**Action:** Lift one thigh off the table approximately 6 inches by raising your foot toward the ceiling. Your hip bones do not leave the table as you lift the leg. Slowly lower your thigh back to the starting position.

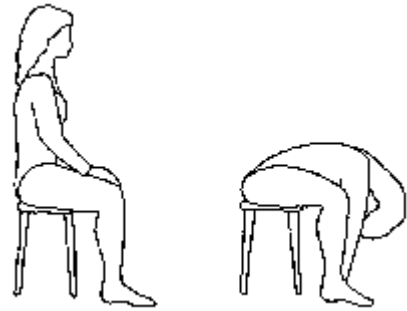
*Do Not Cause Pain.*



## Exercise 12: Full Back Release

**Starting Position:** Sit in a chair with your feet flat. Relax your shoulders and keep your head level. Your weight should be evenly distributed between your buttocks and your feet.

**Action:** Relax your neck. Curl your neck, upper back and low back slowly forward. Allow your hands to reach the floor so your palms are touching the floor. Hold for \_\_\_\_ seconds. Straighten up slowly so that you bring your head up last. Return to the starting position.



*Do Not Cause Pain.*

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## Exercise 13: Side Bending

**Starting Position:** Stand up straight with your arms at your sides and your feet shoulder width apart.

**Action:** Bend your trunk to one side, by lowering your shoulder. Run your hand down the outside of your thigh. Hold for seconds. Slowly straighten up. Repeat to the opposite side.



*Do Not Cause Pain.*

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## Exercise 14: Backward Bending

**Starting Position:** Stand up straight with your feet shoulder width apart. Keep your knees as straight as possible. Place your hands on your back firmly at your waist level.

**Action:** Bend backwards at your waist keeping the knees as straight as possible. Hold for \_\_\_\_ seconds. Return slowly to the upright position.



*Do Not Cause Pain.*

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