

LOW BACK EXERCISES

The following exercises should be done on a padded but firm surface. Use good body mechanics while getting up and down. Do only the exercises taught and assigned by the therapist. A warm bath or shower before exercising is beneficial.

ONE KNEE TO CHEST

1. Lie on back with knees bent.
2. Grasp one knee with both hands and pull it gently and slowly toward the chest.
3. Hold for a count of three.
4. Release pull, but keep grasp around knee.
5. Complete required number of repetitions and then lower leg to starting position.



Repetitions _____

BOTH KNEES TO CHEST

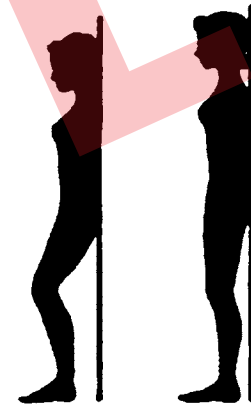
1. Lie on back with knees bent.
2. Bring one knee toward your chest, hold it with your hands, then bring the other knee toward your chest.
3. Clasp hands around both knees — pull slowly and gently toward chest.
4. Hold for count of five.
5. Release pull, but keep your grasp around knees.
6. Complete required repetitions, then return feet to floor one at a time, keeping the knees bent.



Repetitions _____

WALL SLIDE

1. Stand 8 inches from wall.
2. Lean back against wall bending knees.
3. Tighten abdominal and buttock muscles to flatten back against the wall.
4. Holding this position slide down the wall, hold for five counts.
5. Return to starting position still keeping back flat.



Repetitions _____

PELVIC TILT

1. Lie on back with knees bent.
2. Flatten the small of your back to the floor by tightening the abdominal muscles and squeezing the buttocks together.
3. Hold the position for a count of five but do not hold your breath.



Repetitions _____

HAMSTRING STRETCHING

1. Sit with one leg bent and the other straight.
2. Roll bent leg outward.
3. Lean toward straight leg reaching toward toes.
4. Return to starting position.



Repetitions _____

ABDOMINAL STRENGTHENING

1. Lie on back with knees bent.
2. Point hands at knees and flatten back as in pelvic tilt.
3. Tuck chin toward chest and slowly curl up raising head and shoulders from floor.
4. Uncurl to original position.



Repetitions _____