

BACK EXERCISES

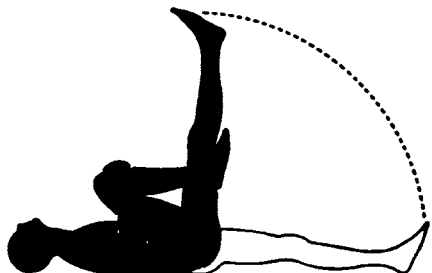
(FOLLOW YOUR DOCTOR'S INSTRUCTIONS)



Hug both knees to chest. Repeat 10 times.



Lie on stomach with legs extended, hands clasped in the small of back. Raise & lower each leg alternately. Repeat 5 times.



Hug one knee to chest. Raise other leg straight up & lower slowly, keeping abdomen in. Repeat 5 times with each leg.



Same position as above. Raise head and chest from floor, then return. Repeat 5 times.



Tighten lower abdominal muscles. Relax. Repeat 10 times.



Pillow under abdomen, tighten buttocks. Relax. Repeat 10 times.



Flatten back against floor by tightening lower abdomen & buttocks at the same time. Relax. Repeat 10 times.



Rest position. Breathe deeply, raising chest. Exhale by drawing upper abdomen in. Take next breath against uplifted chest. Repeat 10 times.

INSTRUCTIONS: _____

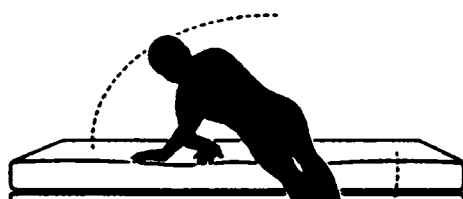
Hints for avoiding back strain

(FOLLOW YOUR DOCTOR'S INSTRUCTIONS)



The bed should be hard to avoid sagging of the buttocks. If necessary, add a large sized piece of 3/4" plywood for firmness.

A hard, straight-backed chair is desirable.



In getting out of bed, roll over on one side. Using hands to push up to a sitting position & keeping back straight, let the feet swing down to the floor.



Lifting should be avoided. When unavoidable, the legs should do most of the work. The elbows can be supported by the thighs.