

# EXERCISES FOR LOW BACK PAIN

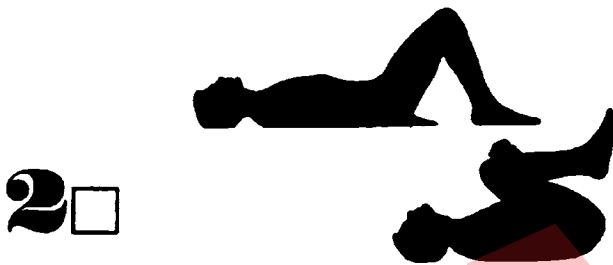
Don't overdo exercising, especially in the beginning. Start by trying the movements slowly and carefully. Don't be alarmed if the exercises cause some mild discomfort which lasts a few minutes. But if pain is more than mild and lasts more than 15 or 20 minutes, **stop** and do no further exercises until you see your doctor.

Do the exercises on a hard surface covered with a thin mat or heavy blanket. Put a pillow under your neck if it makes you more comfortable. Always start your exercises slowly and in the order marked — to allow muscles to loosen up gradually. Heat treatments just before you start can help relax tight muscles. Follow the instructions carefully; it will be well worth the effort.

DO THE EXERCISES MARKED ( X ) IN NUMERICAL ORDER FOR \_\_\_\_\_ MINUTES \_\_\_\_\_ TIMES A DAY.



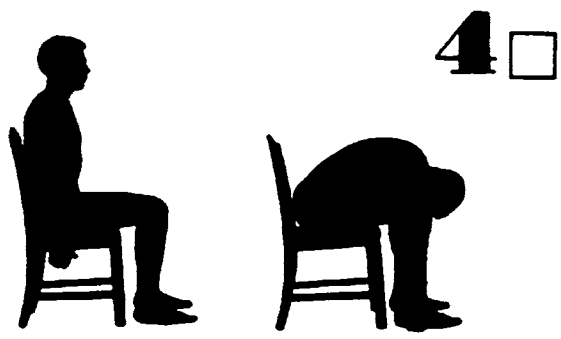
Lie on your back with your arms above your head and your knees bent. Now move one knee as far as you can toward your chest and at the same time straighten out the other leg. Go back to the original position with both knees bent, and repeat the movements, **switching** legs. Relax and repeat the exercise.



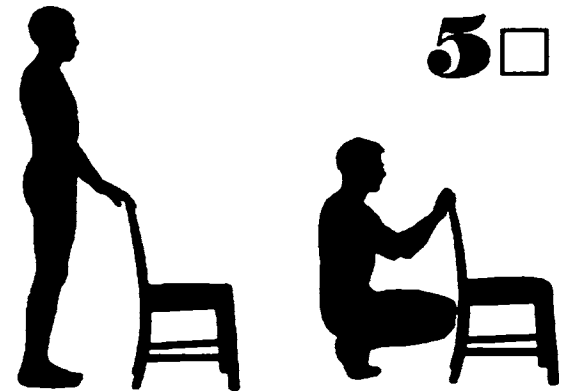
Lie on your back with your arms at your sides and your knees bent. Now bring your knees up to your chest, and with your hands clasped pull your knees toward your chest. Hold for a count of 10, keeping your knees together and your shoulders flat on the mat. Repeat the pulling and holding movement three times. Relax and repeat the exercise.



Relax with your arms above your head and your knees bent. Now tighten the muscles of your lower abdomen and your buttocks at the same time so as to flatten your back against the mat. This is the flat back position. Hold the position for a count of 10. Relax and repeat the exercise.



Sit on a hard chair. Let your body drop until your head is down between your knees. Pull your body back up into a sitting position while tightening your abdominal muscles. Relax and repeat the exercise.



Stand erect while holding onto a table or chair. Squat down, straight up again, relax and repeat the exercise.