

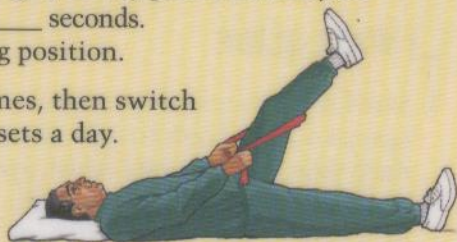
# BACK

## Exercises

These exercises are designed to stretch and strengthen your back. Before beginning an exercise, read through all its instructions. While exercising, breathe normally and use smooth movements. If you feel any pain, stop the exercise. If pain persists, inform your health care provider.

### ☐ HAMSTRING STRETCH

- 1 Lie on your back. Keeping your left knee straight or slightly bent, lift that leg off the floor as far as you comfortably can.
- 2 Grasp the back of your left knee or calf. Or grasp a towel draped behind your knee or calf. Keeping your leg fairly straight, slowly pull it toward your chest. Hold for \_\_\_\_ seconds. Return to starting position.
- 3 Repeat \_\_\_\_ times, then switch sides. Do \_\_\_\_ sets a day.



#### CAUTION

- Use a pillow to keep your neck from arching.
- Keep one leg flat on the floor.

### ☐ HIP ROTATOR STRETCH

- 1 Lie on your back with your knees bent. Place your right foot flat on the floor. Rest your left ankle on your right knee.
- 2 Use your left hand to gently push your left knee away from you. Feel the stretch in your buttock. Hold for \_\_\_\_ seconds.
- 3 Repeat \_\_\_\_ times, then switch sides. Do \_\_\_\_ sets a day.



#### CAUTION

- Use a pillow to keep your neck from arching.
- Keep your back flat on the floor.

### ☐ KNEE-TO-CHEST STRETCH

- 1 Lie on your back. Bend your right leg, and place your right foot flat on the floor.
- 2 Grasp the back of your right thigh. Slowly pull the knee toward your chest. Hold for \_\_\_\_ seconds. Return to starting position.
- 3 Repeat \_\_\_\_ times, then switch sides. Do \_\_\_\_ sets a day.



#### CAUTION

- Keep your head on the floor.
- Keep your straight leg flat on the floor.

### ☐ QUADRICEPS STRETCH

- 1 Stand an arm's length from a wall. Look straight ahead.
- 2 Place your left hand against the wall. Grasp your right ankle with your right hand. Pull up gently.
- 3 When you feel the stretch in your right thigh, hold for \_\_\_\_ seconds.
- 4 Repeat \_\_\_\_ times, then switch sides. Do \_\_\_\_ sets a day.



#### CAUTION

- Don't arch your back.
- Don't twist your back to reach your leg.



## ❑ PRONE PRESS-UP

- 1 Lie on your stomach with your feet slightly apart. Rest your forehead on the floor. Relax your stomach and back muscles.
- 2 Keeping your neck straight, push yourself up on your forearms—only until you feel some tension in your lower back. Hold for \_\_\_\_\_ seconds. Then slowly lie back down.
- 3 Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.

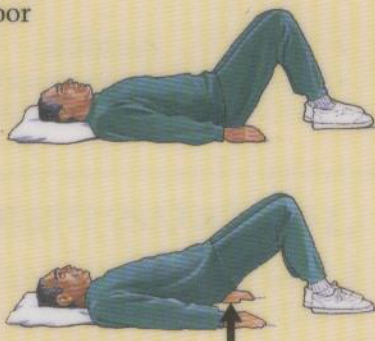


### CAUTION

- Keep your stomach and hips on the floor.
- Don't arch your neck.

## ❑ THE BRIDGE

- 1 Lie on the floor with your back flat, knees bent, and feet and palms flat on the floor.
- 2 Tighten your stomach and buttock muscles. Slowly lift your buttocks off the floor until there's a straight line from your knees to your shoulders. Hold for \_\_\_\_\_ seconds.
- 3 Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.



### CAUTION

- Use a pillow to keep your neck from arching.
- Don't arch your back.

## ❑ PARTIAL CURL-UP

- 1 Lie on your back with knees bent, feet flat on the floor, and hands crossed over your chest.
- 2 Tighten your stomach muscles and slowly lift your head and shoulders until your shoulder blades start to come off the floor. Hold for \_\_\_\_\_ seconds. Then slowly lower yourself back down.
- 3 Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.

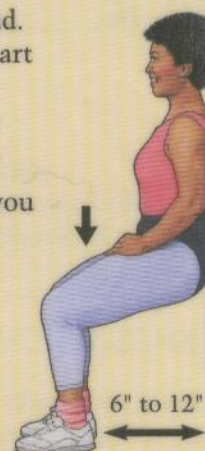


### CAUTION

- Don't pull up with your neck.
- Keep your arms relaxed.

## ❑ WALL SLIDE

- 1 Stand with your back and head against a wall. Look straight ahead. Keep your feet shoulder-width apart and 6 to 12 inches from the wall. Relax your shoulders and tighten your stomach muscles.
- 2 Slowly sink straight down until you feel a stretch in the front of your thighs. Hold for \_\_\_\_\_ seconds. Then slowly slide back up.
- 3 Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.



### CAUTION

- Keep your head against the wall.
- Don't let your buttocks sink below your knees.