

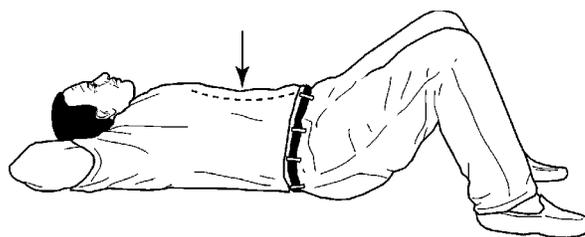
# Exercises for Your Back

Most back pain is due to a lack of exercise or an injury. These exercises will help you move better and strengthen the muscles that support your back. Do the exercises slowly. If you have pain while doing these exercises, stop doing the exercises and talk to your doctor or physical therapist.

Lie on your back on a firm surface, such as the floor or a mat. **Repeat each exercise \_\_\_\_\_ times.**

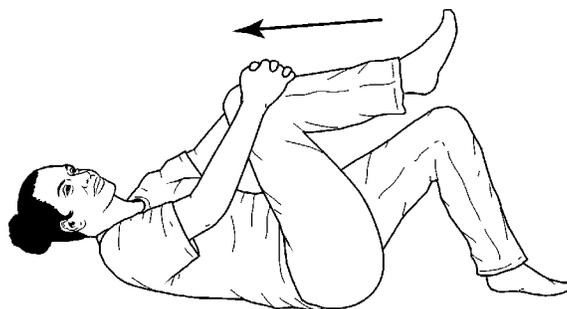
## Pelvic tilt

Tighten your stomach and buttocks. Push your lower back towards the floor. Hold for 10 seconds then relax.



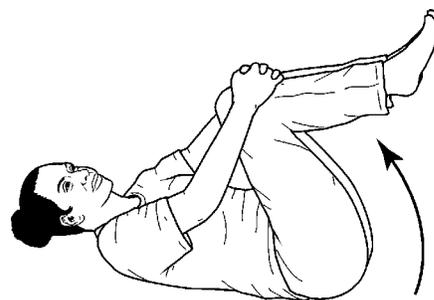
## Knee to chest

Pull one knee toward your chest until you feel a light stretch in your lower back and buttocks. Hold for 10 seconds then put your foot back down. Repeat this with the other knee.



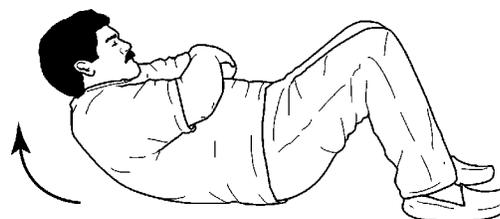
## Double knee to chest

Slowly bring both knees to your chest. Hold for 5 seconds and keep your back relaxed and flat on the floor.



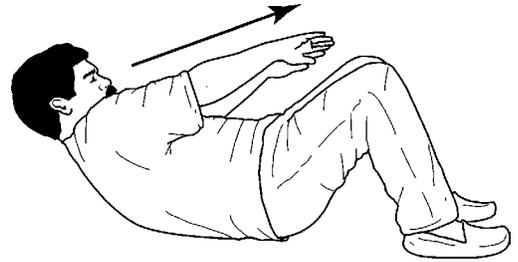
## Curl up

Bend your knees. Fold your arms across your chest and raise your shoulders until they come off the floor. Then slowly return to the starting position.



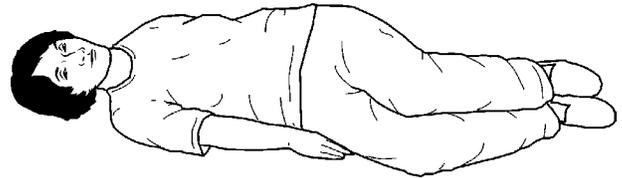
## ❑ Diagonal curl up

With your arms held forward, lift your shoulders off the floor. Bring your right shoulder toward your left knee. Return to the floor. Then bring your left shoulder to your right knee.



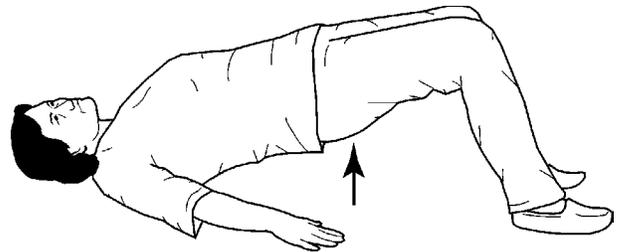
## ❑ Hip rolls

With your knees together, roll your hips slowly from side to side. Keep your shoulders on the floor.



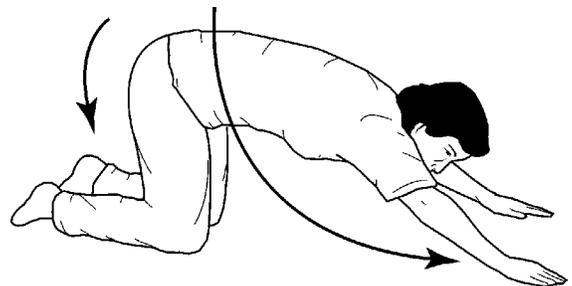
## ❑ Bridge

Bend your knees and keep your feet flat on the floor. Lift your buttocks slowly up and then slowly return them to the floor.



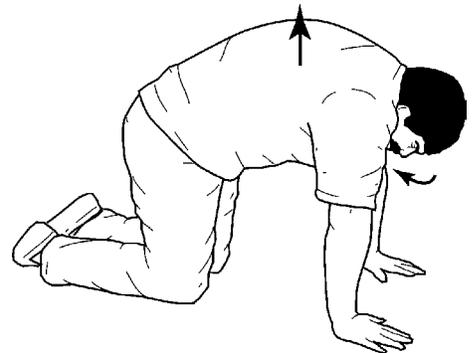
## ❑ Low back stretch

On your hands and knees, push your chest toward the floor, reaching forward as far as you can. Sit back on your feet.



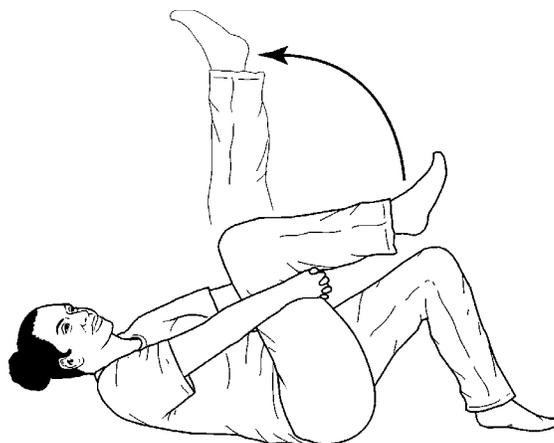
## ❑ Cat stretch

Start on your hands and knees. Tuck your chin in toward your chest and tighten your stomach muscles while arching your back.



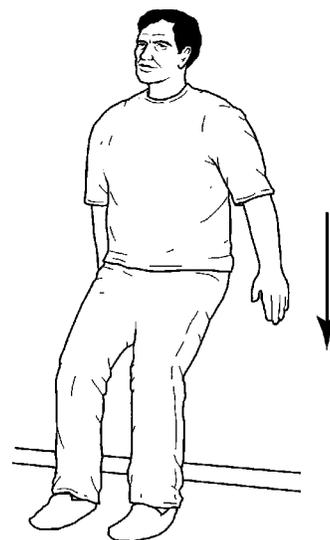
## ☐ Hamstring stretch

Lie on your back. Bend your hip and knee to 90 degrees. Then straighten your knee as far as possible. Repeat this exercise with the other leg.



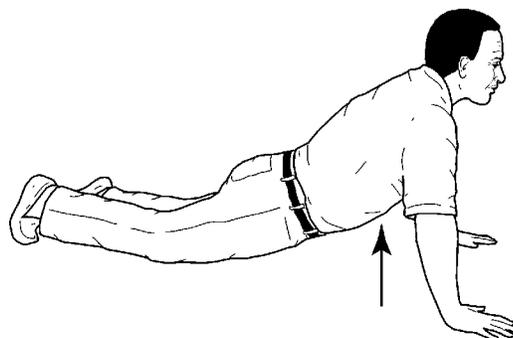
## ☐ Wall slide

Stand with your back against a wall and your feet about 12 inches or 30 centimeters from the wall. Bend your knees as you slowly lower your buttocks while sliding down the wall. Hold for 10 seconds.



## ☐ Press ups

Lie on your stomach. Push up with your arms while keeping your back and stomach muscles relaxed. Keep a slight bend in your elbows.



Aerobic exercises are also needed to have a healthy back. Aerobic exercises such as walking or swimming should be done 3 to 4 times a week for 30 to 45 minutes. Talk to your doctor before beginning any form of exercise.