

# BACK EXERCISES

These exercises help to stretch and strengthen your back. Before beginning an exercise, read all its instructions. While exercising, breathe normally and use smooth movements. If you feel new or increasing pain, stop the exercise. If pain persists, tell your healthcare provider.

## ☐ HAMSTRING STRETCH

- 1 Lie on your back with your knees bent. Straighten your right leg and lift it off the floor as far as you comfortably can. Wrap a towel behind your right knee or calf.
- 2 Grasp both ends of the towel. Keeping your leg fairly straight, slowly pull it toward your chest. Feel the stretch in the back of the leg. Hold for \_\_\_\_ seconds. Return to starting position.
- 3 Repeat \_\_\_\_ times, then switch sides. Do \_\_\_\_ sets a day.

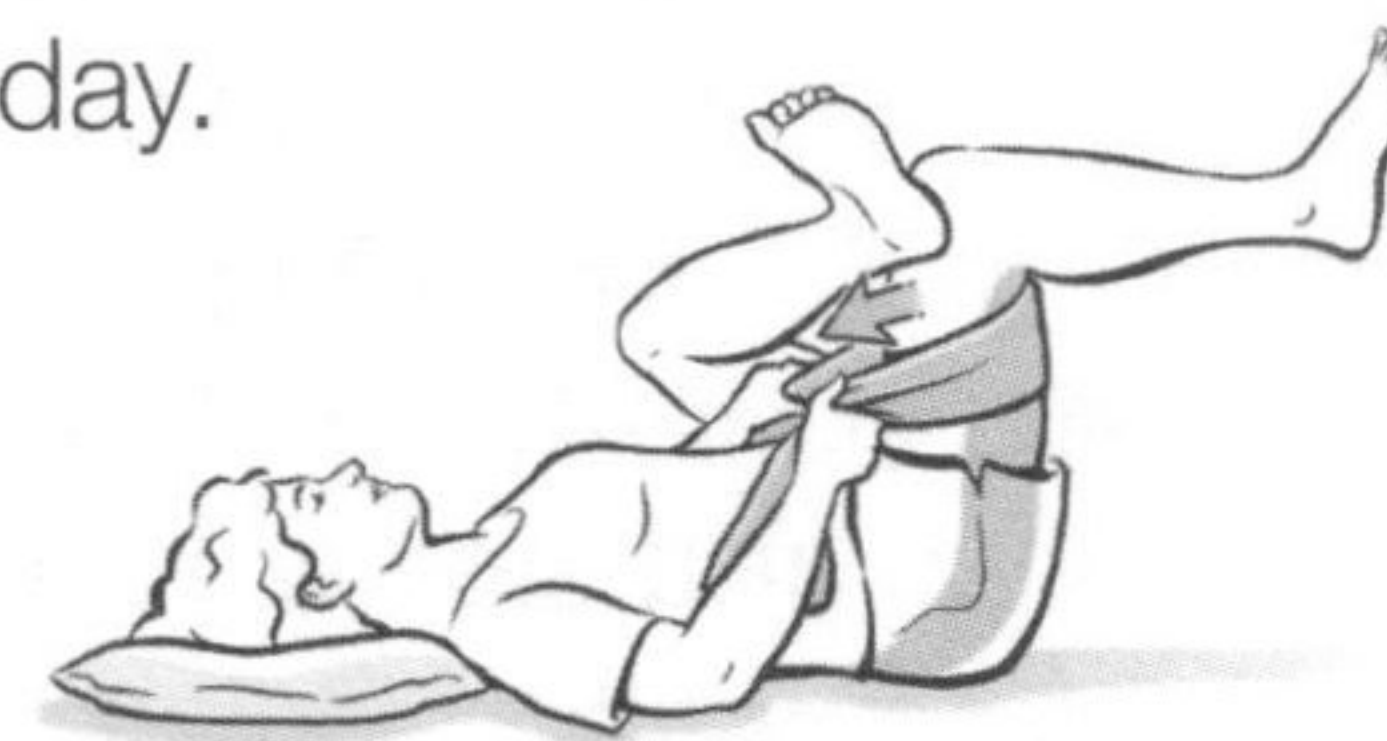


### CAUTION

- Use a pillow to keep your neck from arching.
- Keep the supporting leg bent and the foot flat on the floor or bed.

## ☐ HIP ROTATOR STRETCH

- 1 Lie on your back with your knees bent. Rest your left ankle on your right knee.
- 2 Wrap a towel behind your right thigh. Grasp both ends of the towel. Gently pull your right knee toward your chest. Feel the stretch in your left buttock. Hold for \_\_\_\_ seconds.
- 3 Repeat \_\_\_\_ times, then switch sides. Do \_\_\_\_ sets a day.

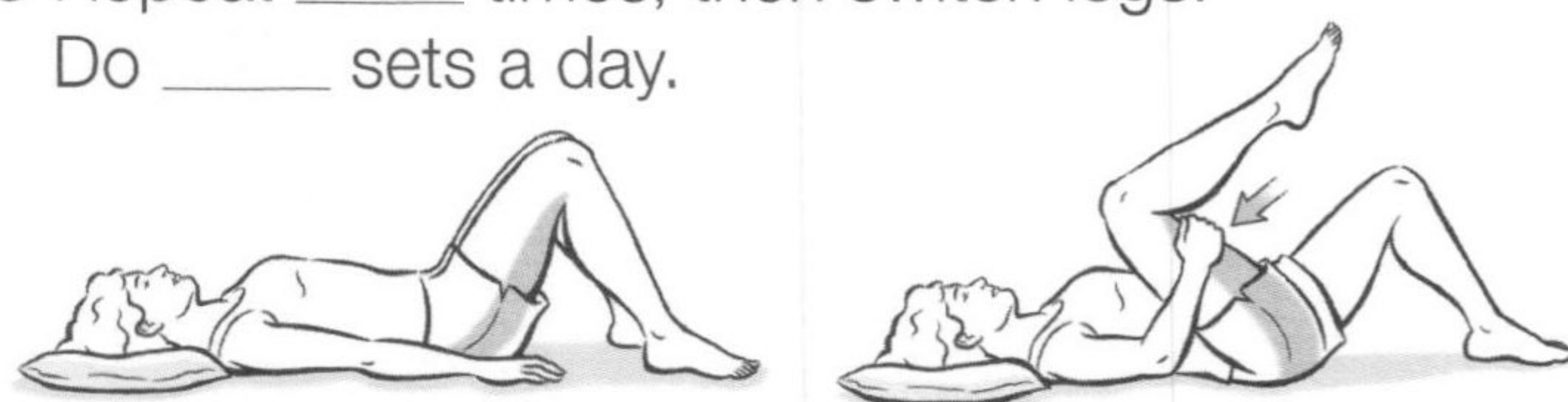


### CAUTION

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

## ☐ KNEE-TO-CHEST STRETCH

- 1 Lie on your back with your knees bent. Keep your feet on the floor or bed.
- 2 Grasp the back of your right thigh. Slowly pull the knee toward your chest. Feel the stretch in your buttock. Be sure to keep your left foot on the floor. Hold for \_\_\_\_ seconds. Return to starting position.
- 3 Repeat \_\_\_\_ times, then switch legs. Do \_\_\_\_ sets a day.

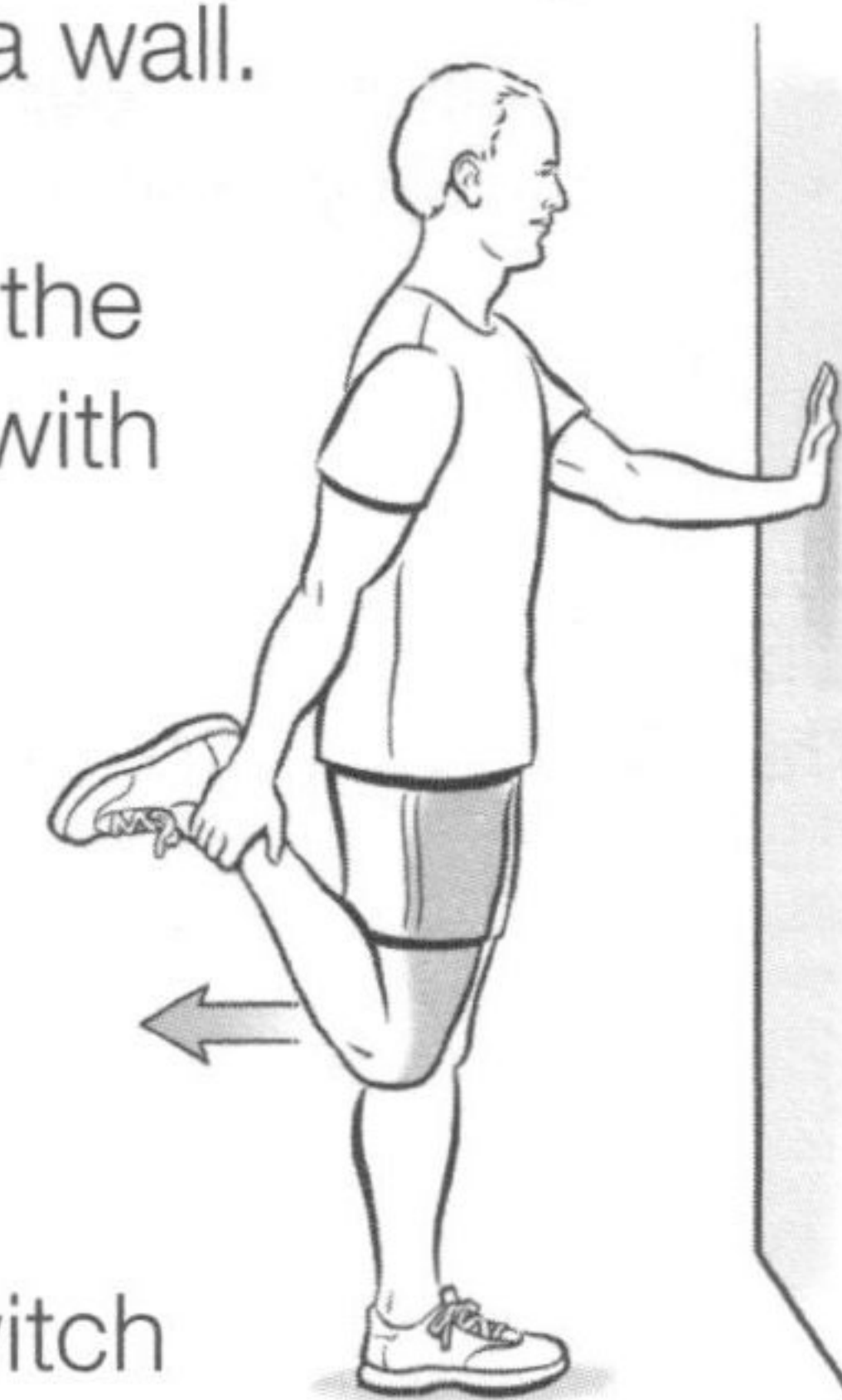


### CAUTION

- Use a small pillow to keep your neck from arching.
- Use a towel if you can't reach behind your thigh.

## ☐ 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. Gently pull straight up. Try to keep your thighs parallel.
- 3 When you feel a stretch in your right thigh, hold for \_\_\_\_ seconds.
- 4 Repeat \_\_\_\_ times, then switch legs. 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, back, and leg muscles.
- 2 Push yourself up on your forearms, keeping your neck straight. Stop when you feel light pressure in your lower back. Hold for \_\_\_\_ seconds. Then slowly lie back down.
- 3 Repeat \_\_\_\_ times. Do \_\_\_\_ sets a day.

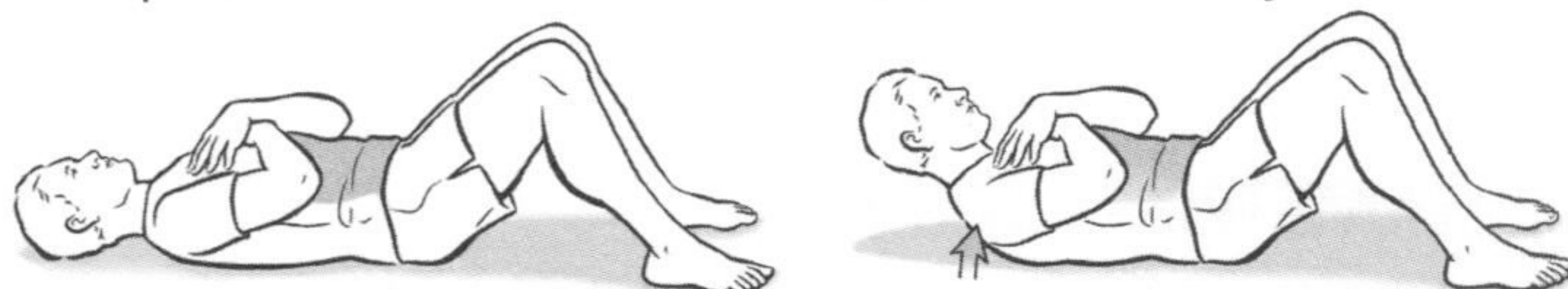


#### CAUTION

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

### □ PARTIAL CURL-UP

- 1 Lie on your back with knees bent, feet flat on the floor. Cross your hands over your chest.
- 2 Draw your bellybutton in toward your spine and tighten your stomach muscles. Slowly lift your shoulder blades until they start to come off the floor. Hold for \_\_\_\_ seconds, breathing normally. Then slowly lower yourself back down.
- 3 Repeat \_\_\_\_ times. Do \_\_\_\_ sets a day.

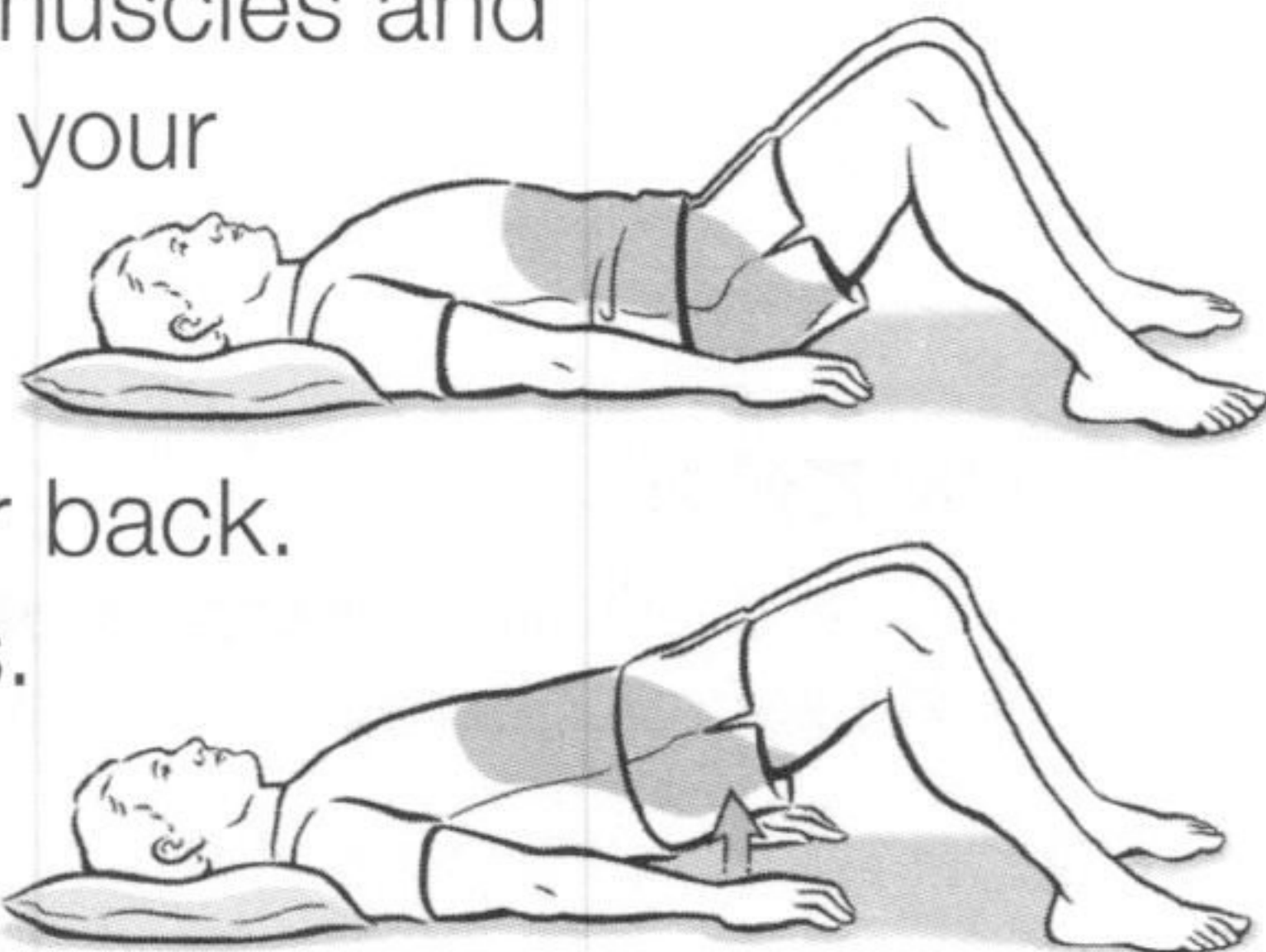


#### CAUTION

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

### □ THE BRIDGE

- 1 Lie on the floor with your back flat and knees bent. Keep feet and palms flat on the floor.
- 2 Tighten your stomach muscles and buttocks and slowly lift your hips off the floor. Raise hips only high enough to straighten your lower back. Hold for \_\_\_\_ seconds.
- 3 Repeat \_\_\_\_ times. Do \_\_\_\_ sets a day.

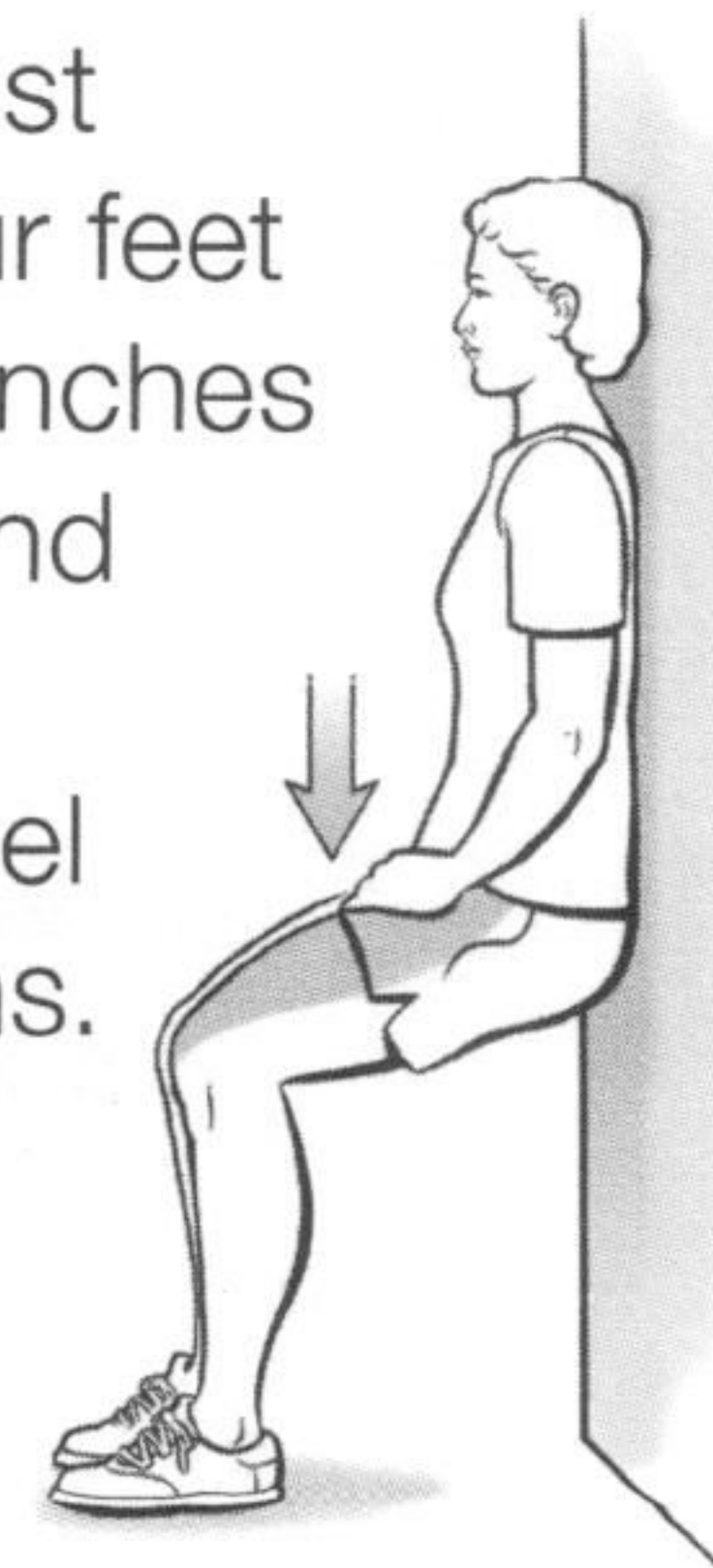


#### CAUTION

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

### □ WALL SLIDE

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



#### CAUTION

- Don't let your buttocks sink below your knees.
- Look straight ahead and breathe normally.