Back Exercises



Exercise 1

**Starting Position**: Lie on your back with both knees bent.

**Exercise:** Slowly bring one knee toward your chest, then the other knee. Hold for 10-20 seconds. Slowly lower one knee to the floor, then the other knee.

Exercise 2



**Starting Position**: Lying on your back with one leg straight and other knee bent, clasp your hands around bent knee.

**Exercise:** Slowly pull your knee toward your opposite shoulder. Return to starting position.

Exercise 3

**Starting Position**: Sit upright in a chair.

**Exercise:** Slowly bend over, lowering your shoulders toward the floor. Return to the upright sitting position in chair.

Exercise 4

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Exercise 6

**Starting Position**: Lie on your back with knees bent and thumbs on top of your hipbones.

**Exercise:** Slowly press your lower back into the floor while tightening your stomach muscles.

Exercise 5

**Starting Position**: On your hands and knees, with hands & knees shoulder width apart.

**Exercise:** Slowly arch your back toward the ceiling, then slowly lower it toward the floor.

**Starting Position**: Lie down on your stomach.

**Exercise:** Slowly push yourself up onto your elbows. If this does not cause pain, slowly straighten your arms. Return to starting position.

Exercise 7

 

**Starting Position**: Lie on your back with knees bent, feet off the floor, thighs perpendicular to the floor and arms across your chest.

**Exercise:** Slowly lift your head and shoulders until the tips of your shoulder blades come off the floor. Return to starting position.

**Starting Position**: On your hands and knees, with hands & knees shoulder width apart. Keep your spine and neck straight, looking at the floor.

**Exercise:** Slowly extend one leg behind you while reaching your opposite arm forward. Keep hips & shoulders square; do not arch. Slowly return to starting position.

Exercise 9

**Starting Position**: Lie on your back with knees bent and arms flat on the floor.

**Exercise:** Slowly lift your hips toward the ceiling while squeezing your buttock muscles together. Return to starting position.

Exercise 8

Exercise 10 Hamstring Stretch

**Starting Position**: Place one foot on stool. Keep back straight.

**Exercise:** Slowly lean forward until stretch is felt in back of thigh, pressing towards heel for 5-10 seconds. Slowly return to starting position. Repeat as stretch allows.

 Exercise 11 Pelvic Stretch

**Starting Position**: One knee on chair behind you. Keep back straight.

**Exercise**: Bend the opposite knee forward, so that you feel a gentle stretch in the hips. Keep hips forward, do not twist. Hold 10-30 seconds.



Exercise 12 P.I.G. (Piriformis Iliotibial Gluteus)

**Starting Position**: Standing at bed/table, cross stretching leg in front of standing leg and lift onto surface.

**Exercise:** Press right knee to left shoulder. Switch legs, repeat opposite side.