

# LOW BACK PAIN EXERCISES



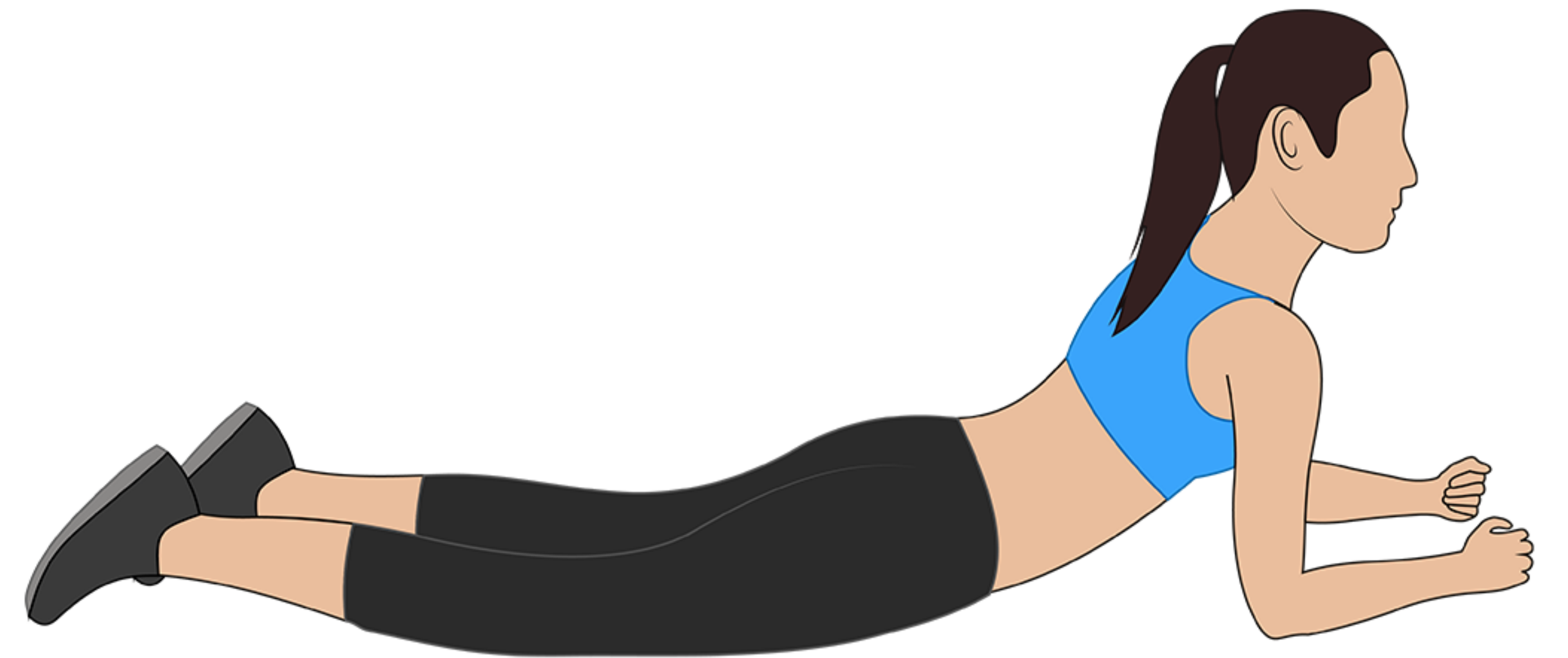
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This fitness program is for educational purposes only. It is not intended to treat any disease. Check with your healthcare provider before attempting any new exercise program.

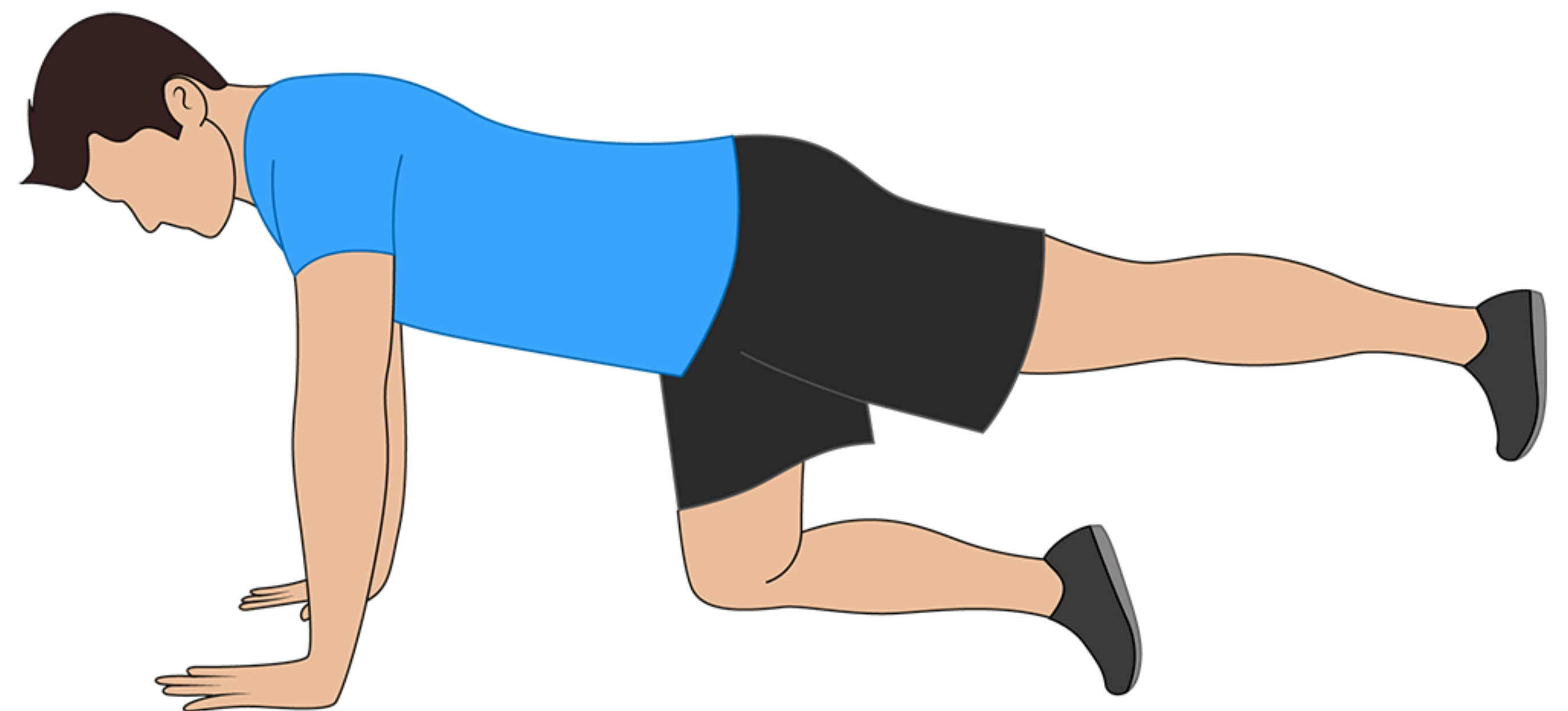
# Exercise Instruction

## 1. Press-up



1. Lie on your stomach. Support your body with your forearms.
2. Press your elbows down into the floor to raise your upper back. Relax your stomach muscles, allowing your back to arch without using your back muscles.
3. Hold for 15-30 seconds, then relax.
4. Repeat 2-4 times.

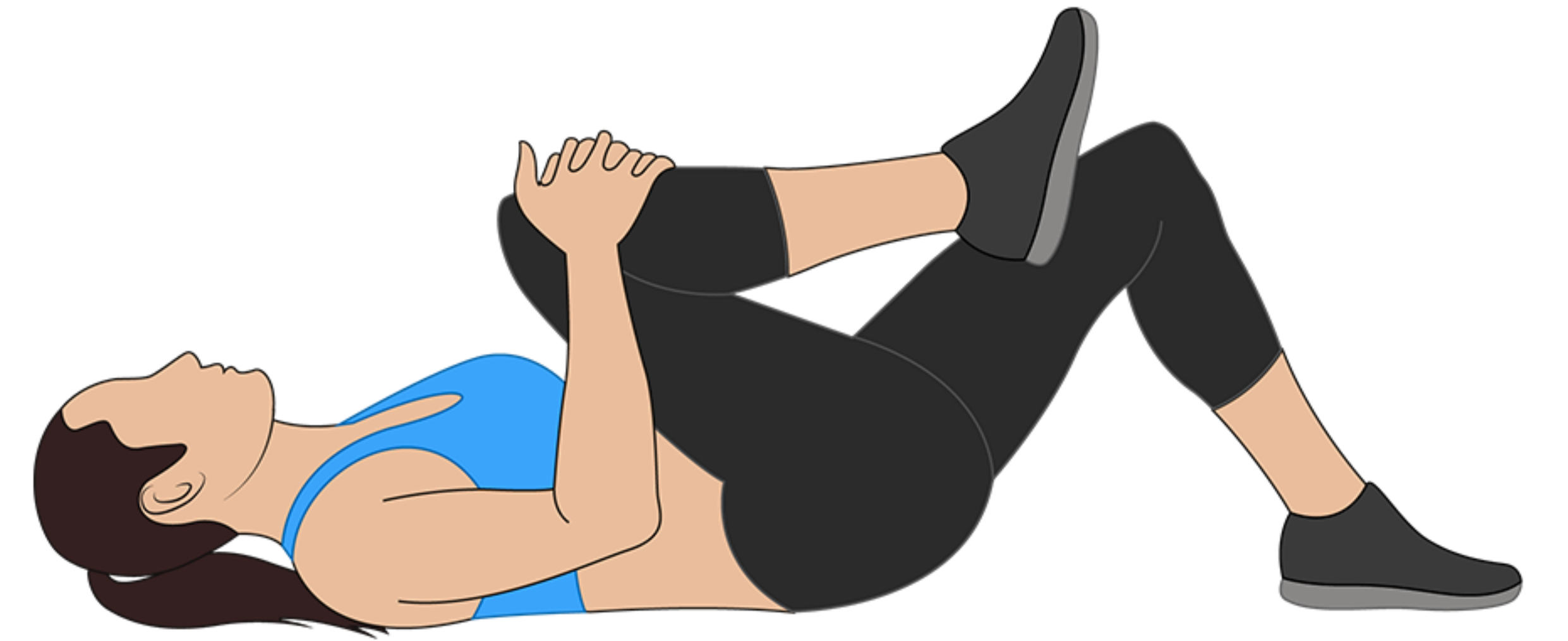
## 2. Alternate Bird Dog



1. Start on the floor, on your hands and knees.
2. Tighten your stomach muscles.
3. Raise one leg off the floor. Avoid allowing your hip to drop down.
4. Hold for about 6 seconds, then lower your leg and alternate legs.
5. Repeat 8 to 12 times on each leg.
6. Over time, increase the hold for up to 10-30 seconds.
7. If you feel stable while raising your leg, try raising your opposite arm straight out in front of you at the same time.

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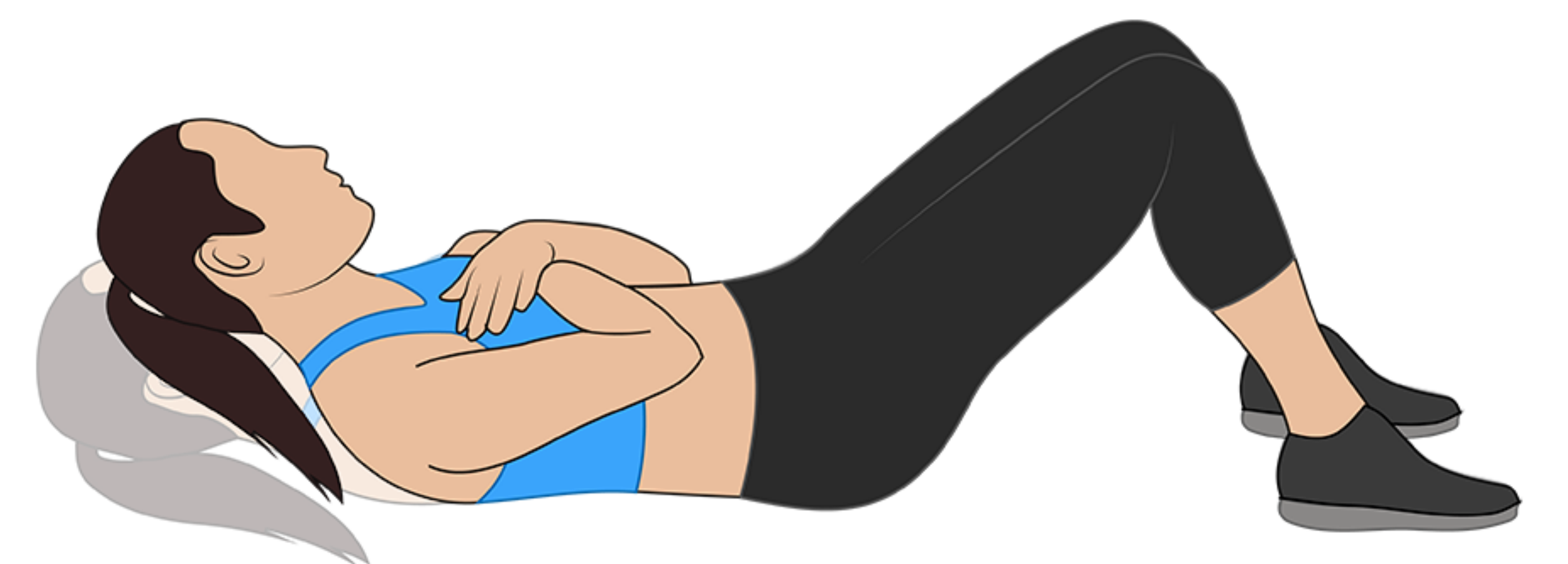
## 3. Knee-to-Chest



1. Lie on your back with your knees bent and your feet flat on the floor.
2. Bring one knee to your chest, keeping the other foot flat on the floor (or keeping the other leg straight, whichever feels better on your lower back).
3. Keep your lower back pressed to the floor. Hold for 15 to 30 seconds.
4. Relax and return to the first position.
5. Repeat with the other leg. Repeat 2 to 4 times with each leg.

## 4. Curl-ups

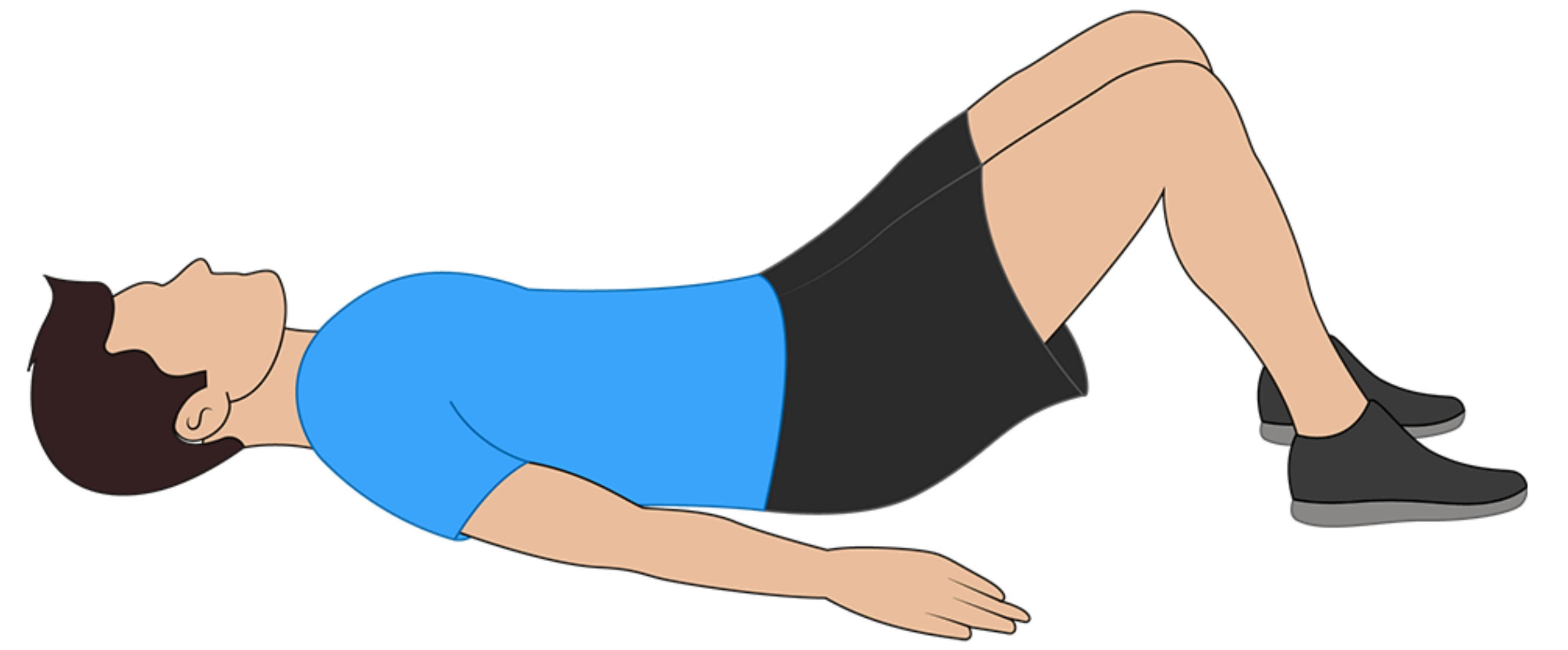
1. Lie on the floor on your back with your knees bent at a 90-degree angle.
2. Cross your arms over your chest, or above your ears.
3. Contract your abdominal muscles raising your shoulder blades off the floor.
4. Keep your head in line with your body, and do not press your chin to your chest.
5. Hold for 1 or 2 seconds, then slowly lower yourself back down to the floor.
6. Repeat 8 to 12 times.



# Exercise Instruction

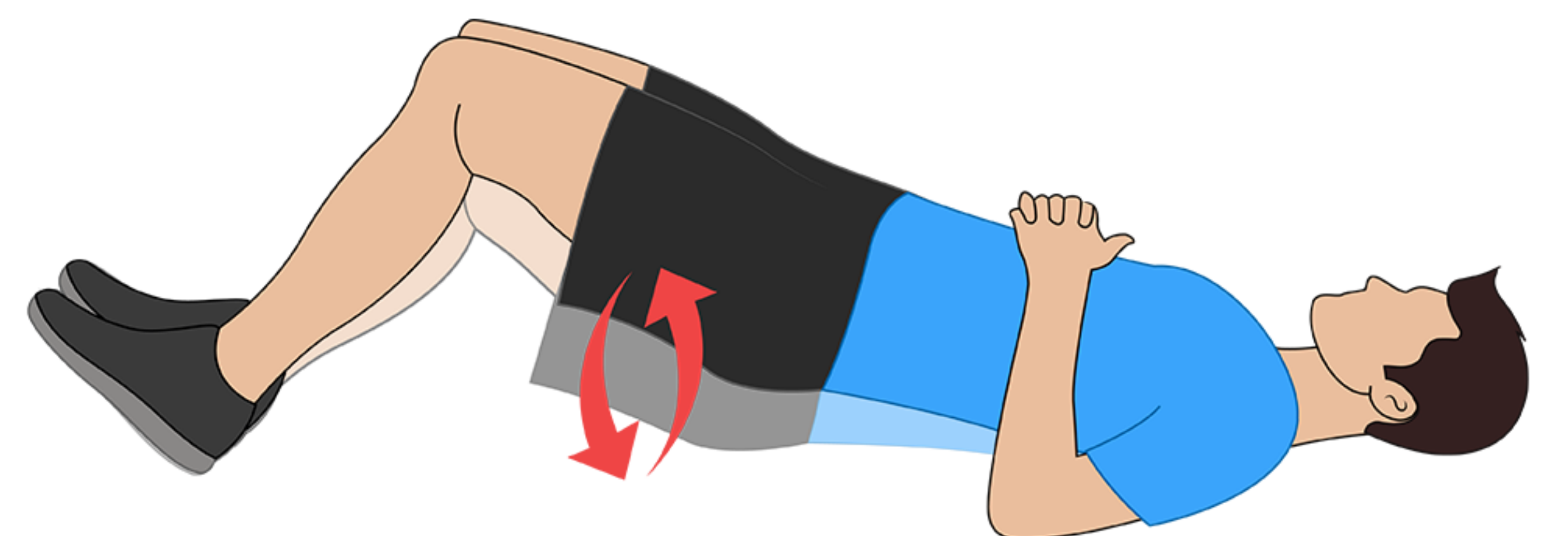
## 5. Pelvic Tilt

1. Lie on your back with your knees bent.
2. Tighten your abdominal muscles, imagine pulling your belly button toward your spine. This will cause your back to press to the floor and your pelvis to rotate back.
3. Hold for 4-8 seconds. Concentrate on breathing smoothly.
4. Repeat 8-12 times.



## 6. Glute Bridge

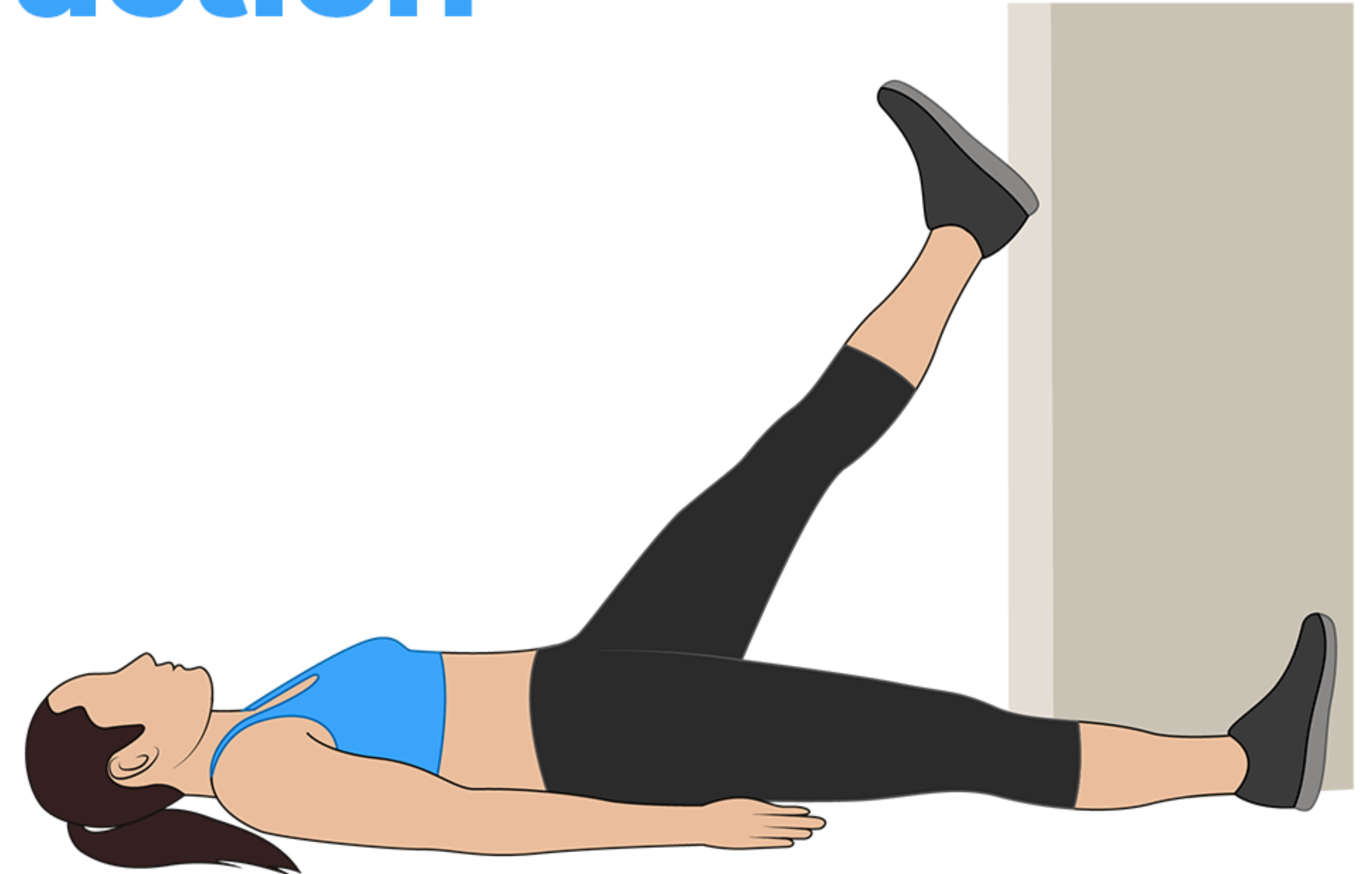
1. Start by laying on your back on the ground, keep your arms to your side for support.
2. Pressing through your heels and gluteal muscles raise your hips up off the ground until your shoulders, hips, and knees are all in a straight line.
3. Hold this position for 6-10 seconds, breathing normally, and then return to a resting position for up to 10 seconds.
4. Repeat 8-12 times.



# Exercise Instruction

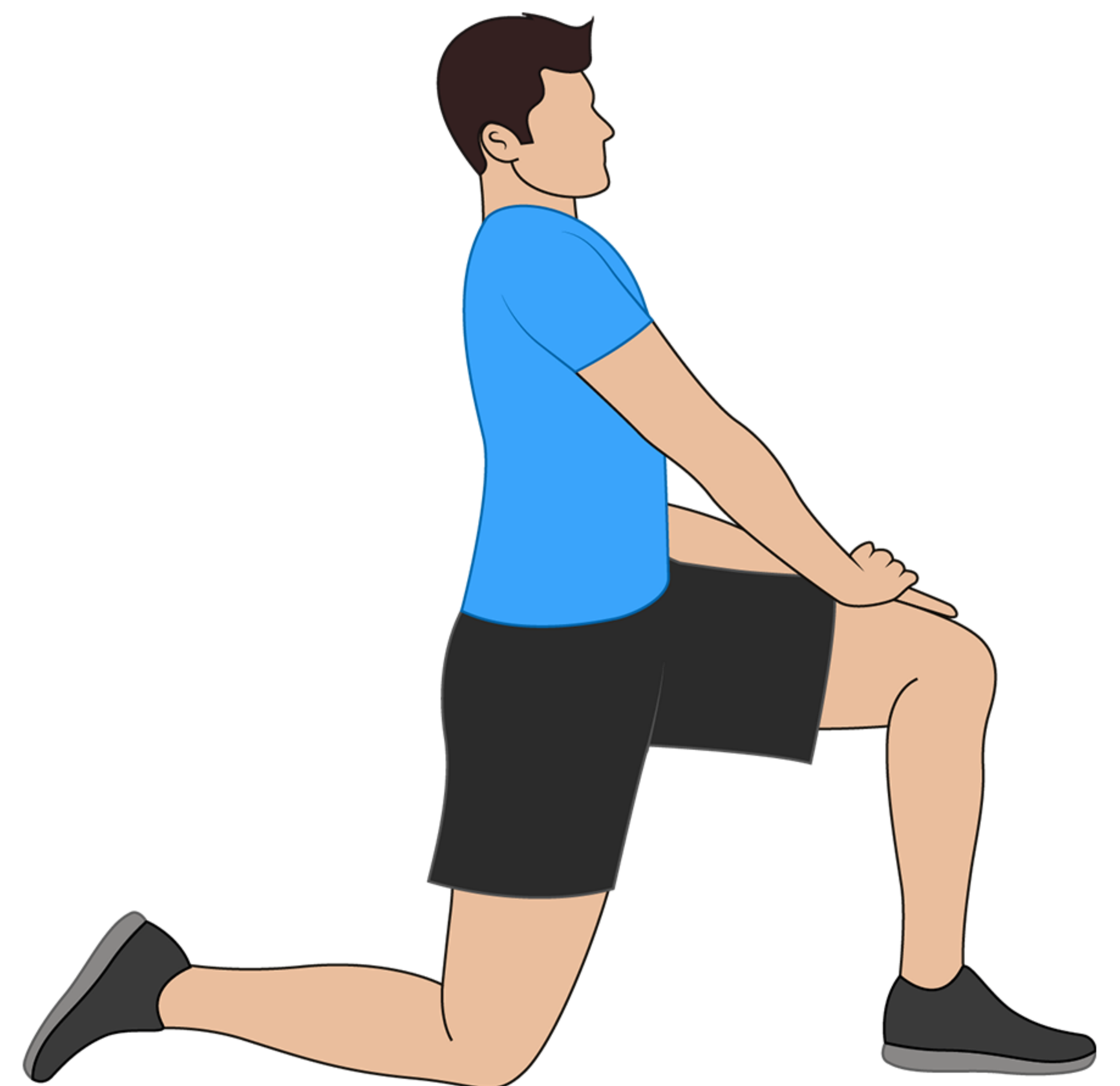
## 7. Hamstring Stretch

1. Lie on your back in a doorway or open area.
2. Either slide your leg up the wall or grab your thigh with your hands to straighten your knee. You should feel a gentle stretch down the back of your leg.
3. Hold the stretch for 15-30 seconds. Keep your belly muscles tightened to avoid allowing your back to arch.
4. Repeat for your other leg. Do 2-4 times for each leg.



## 8. Hip Flexor Stretch

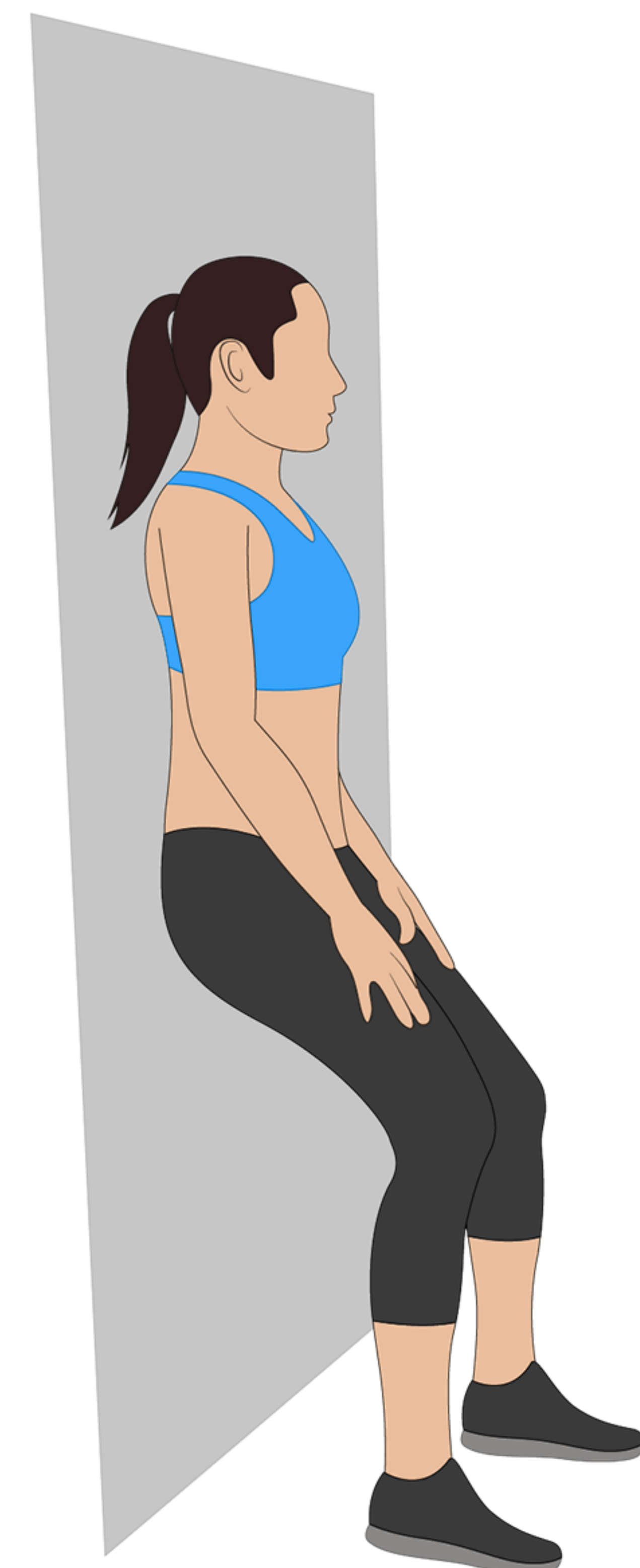
1. Kneel on the floor, one leg bent, the other behind.  
Placing your forward knee above your foot and keeping your other knee touching the floor, slowly push your hips forward.
2. You should feel a stretch in the upper thigh of your rear leg.
3. Hold the stretch for at least 15-30 seconds. Repeat with your other leg.
4. Do 2-4 times.



# Exercise Instruction

## 9. Wall Sit

1. Stand upright with your back 10-12 inches away from a wall.
2. Lean into the wall and slowly slide down until your knees are slightly bent.
3. Press your lower back into the wall, keeping your entire back in contact with the wall.
4. Hold for about 5-10 seconds, then slide back up the wall.
5. Repeat 8-12 times.



**Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having any problems.**