

Back Pain-General Exercises & Posture

Pelvic Tilt

Do one to three times daily.

Lie on your back on a stiff surface with hips and knees bent and feet flat.

Tense up your abdominal muscles to roll your pelvis up and back, thus flattening your back against the surface. Avoid using leg or buttocks muscles. Hold for 15-30 seconds. Begin with 5 and increase to 15 repetitions as you feel better.



Abdominal Strengthening

These exercises will strengthen the muscles of the abdomen. Avoid holding your breath. Lie on your back on a firm surface with hips and knees bent and feet flat. Do one to three times daily.

- A) With arms outstretched, reach toward the knees with the hands, rolling only to the point where the lower portion of the shoulder blades clears the surface. Hold for 15-30 seconds. Return to starting position. Raise your head and shoulders, reaching both hands toward the left knee. Then alternate towards the right knee. Hold for 15-30 seconds. Return to starting position



- B) Repeat all steps with your arms folded across your chest. Begin with 5 and increase to 15 Repetitions as you feel better.



C) Repeat the above with your hands folded behind your head. Do not force or pull your head forward with your hands. Begin with 5 and increase to 15 repetitions as you feel better.



Instructions for Low Back Stretches

1. Lie on your back on a firm surface with your hips and knees bent and feet flat on the surface.

A) Pull your left knee toward your shoulder with both hands. Hold for 15-30 seconds. Return to starting position. Begin with 5 and increase to 15 repetitions as you feel better.



B) Do the same with your right knee

C) Lifting one leg at a time, pull both knees toward your shoulders. Stop when you feel a stretch in your lower back. Hold for 15-30 seconds. Return legs one at a time to starting position. Begin with 5 and increase to 15 repetitions as you feel better.



2. Lie on your back on a firm surface with your hips and knees bent and feet flat on the surface. Place your hands behind your head as shown. Keeping your head and shoulders on the surface, roll both knees and hips to the right until you feel a gentle stretch. Hold for 15-30 seconds. Repeat, rolling knees to the left side. Begin with 5 and increase to 15 repetitions as you feel better.



3. With your legs bent under you, sit back on your heels and place your arms in front of you with palms on the floor. Hold for 15-30 seconds. Begin with 5 and increase to 15 repetitions as you feel better.



4. While seated in a chair, slowly bend forward toward the floor until you feel a mild stretch in your back. Hold for 15 to 30 seconds. Begin with 5 and increase to 15 repetitions as you feel better.

