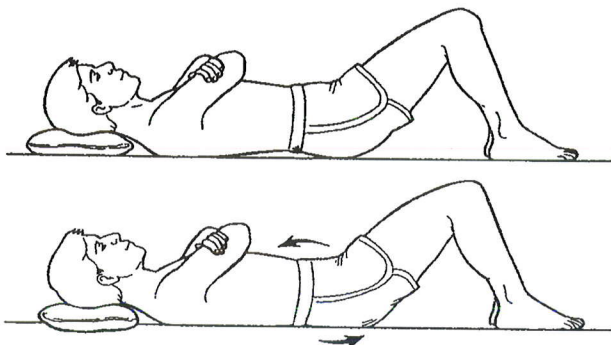
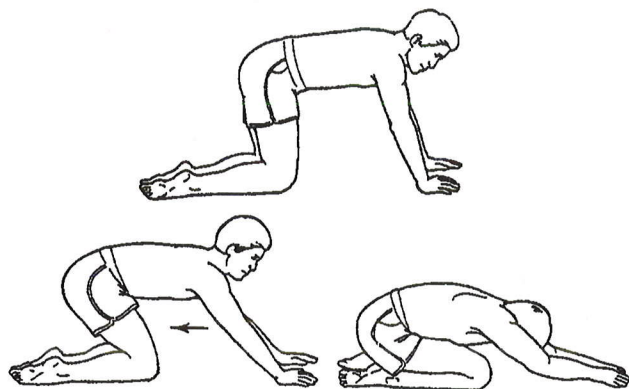


EXERCISES FOR THE BACK



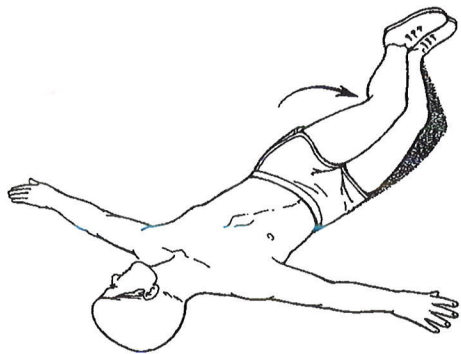
POSTERIOR PELVIC ROTATION – PELVIC TILT (EXERCISE 1 OF 8)

1. Lie on back with knees bent
2. Tighten abdominal muscles, squeeze buttock muscles and flatten back as shown
3. Hold 5 seconds
4. 10 repetitions, 2 times per day



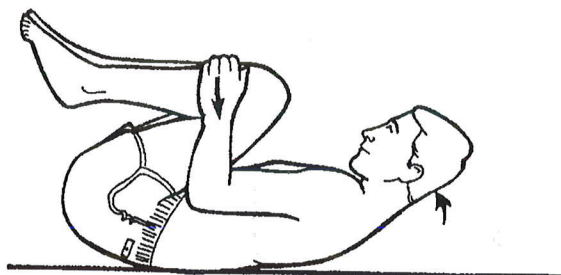
BACK FLEXION (EXERCISE 2 OF 8)

1. Assume hands and knees position
2. Bend knees to move buttocks toward heels as shown
3. Hold 5 seconds
4. 10 repetitions, 2 times per day



BACK ROTATION (EXERCISE 3 OF 8)

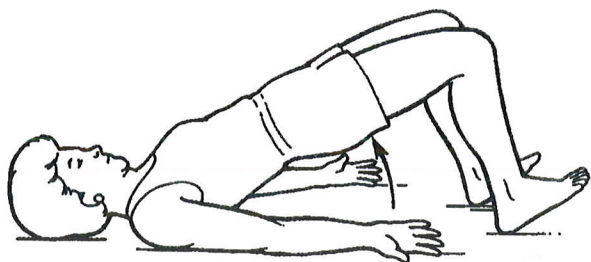
1. Lie on back with knees bent and feet together, arms out to the side
2. Rotate knees to the left/right as you turn head in the opposite direction, until you feel a stretch
3. Hold 5 seconds
4. 10 repetitions, 2 times per day



BACK FLEXION (EXERCISE 4 OF 8)

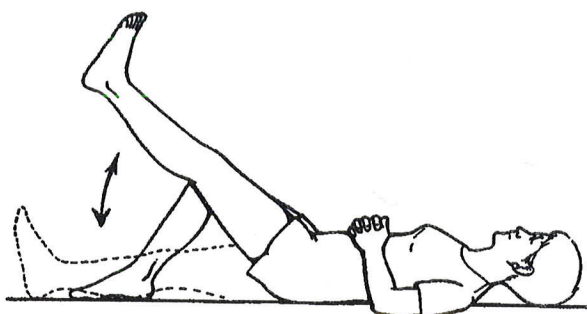
1. Lie on back with your head down
2. Pull both knees to chest at one time
3. Hold 5 seconds
4. 10 repetitions, 2 times per day

EXERCISES FOR THE BACK *(continued)*



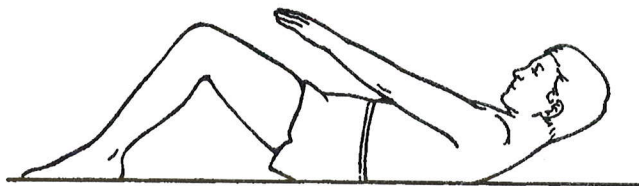
BACK STABILIZATION (EXERCISE 5 OF 8)

1. Lie on back with knees bent and your arms straight, and hold your spine stable in neutral throughout the rest of the exercise
2. Pull your toes up toward the ceiling
3. Leave your feet flat on the floor
4. Tighten your buttocks
5. Leaving your head and arms on the floor, slowly lift your buttocks in the air until your hips are fully extended
6. Return to starting position and slowly relax in reverse order
7. 10 repetitions, 2 times per day



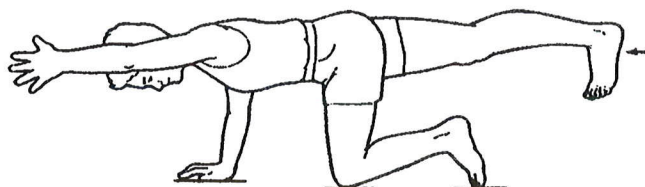
ABDOMINAL EXERCISE/BACK FLEXION (EXERCISE 6 OF 8)

1. Lie on back with left/right knee straight, opposite knee bent
2. Perform pelvic tilt to flatten back
3. Raise leg to level of opposite knee as shown
4. Hold 5 seconds
5. 10 repetitions, 2 times per day



ABDOMINAL EXERCISE/BACK FLEXION (EXERCISE 7 OF 8)

1. Lie on back with knees bent
2. Reach towards knees and curl trunk upward as shown
3. Hold 5 seconds
4. 10 repetitions, 2 times per day



BACK STABILIZATION (EXERCISE 8 OF 8)

1. Begin on hands and knees and hold your spine stable in neutral throughout the rest of the exercise
2. Push your feet into the floor
3. Push your knees into the floor
4. Keep elbows bent while tightening your arms and pushing against the floor
5. Keeping your back and head level, raise your arm and opposite leg as shown
6. Return to starting position and, without relaxing, alternate sides
7. Hold 5 seconds, slowly relax in reverse order
8. 10 repetitions, 2 times per day