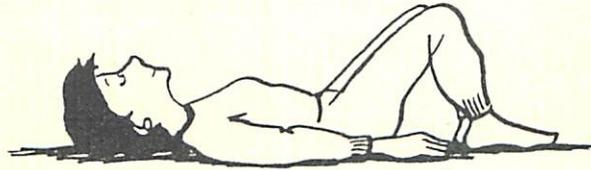


# Exercise Program

Here are a few important suggestions for a successful back exercise program:

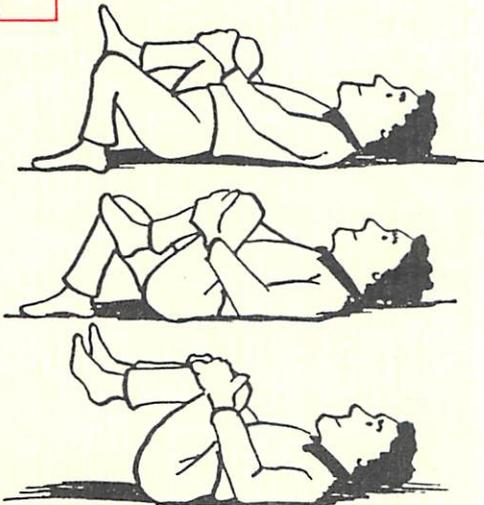
- If you are recovering from a back problem, follow only the exercises your doctor has recommended to avoid possible further injury.
- These exercises, done regularly, will help you keep a healthy back.
- Exercise every day. Reserve 10 minutes each day, preferably 5 minutes in the morning and 5 minutes at night.
- Don't exercise if you are having pain. Don't overdo. Consult your physician if you experience pain while exercising.
- Begin your exercises in the starting position with a warm-up period lasting 2—3 minutes: loosen up by moving your arms and legs alternately tightening and relaxing your muscles.



Any therapeutic exercise program should be gradual. Check with your doctor for instructions on any necessary program changes.

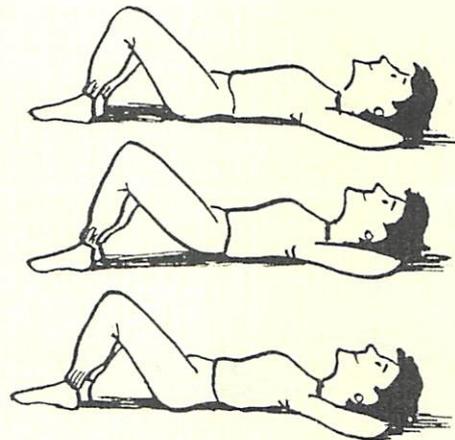
Rx

Knee-to-Chest Raise



To help loosen up a stiff back:  
A. Take starting position. B. Raise right knee to chest. C. Hold, count to five. D. Repeat 5 times. E. Repeat steps A-D with left leg. F. Repeat steps A-D with both legs. \*\*\* Don't lift legs with arms or hands.

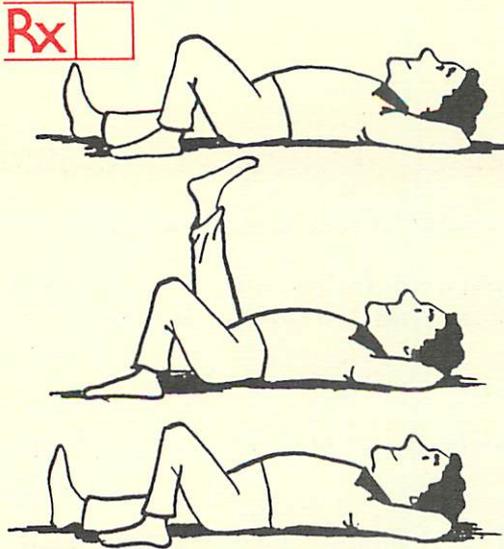
Rx



To strengthen front and back muscles, reducing swayback:  
A. Take starting position. B. Firmly tighten buttock muscles. C. Hold, count to five. D. Relax buttocks. E. Repeat 5 times. \*\*\* Keep lower spine flat against floor.

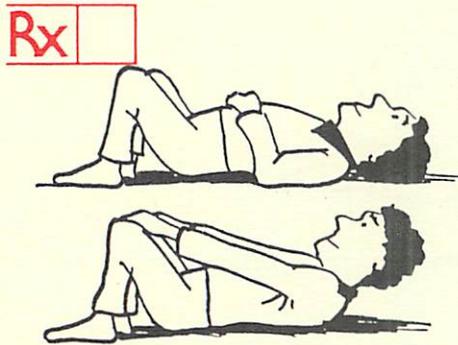
Pelvic Tilt

## Single Leg Raise



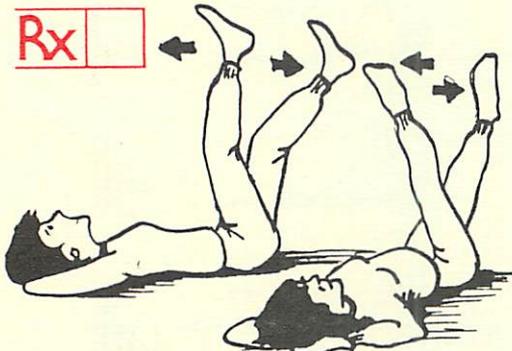
To help limber up, stretch hamstring:  
**A.** Take starting position. **B.** Slowly raise right leg as high as you comfortably can. **C.** Hold, count to five. **D.** Return leg to floor. **E.** Repeat 5 times. **F.** Repeat steps A-E with left leg. \*\*\* Don't swing legs up fast or use hands to help.

## Half Sit-ups



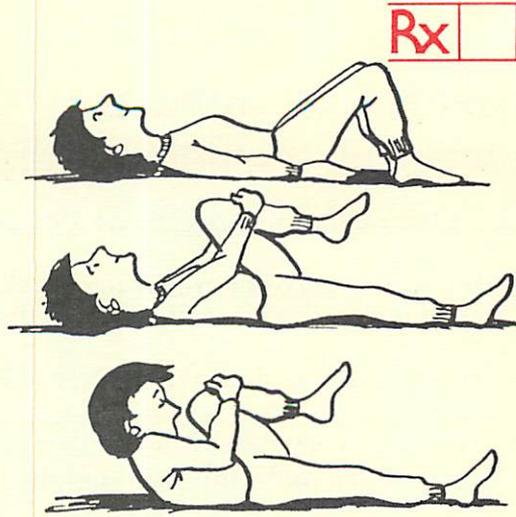
To strengthen abdominal and back muscles:  
**A.** Assume starting position. **B.** Slowly raise head and neck to top of chest. **C.** Reach both hands forward, place on knees. **D.** Hold, count to five. **E.** Slowly return to starting position. **F.** Repeat 5 times. \*\*\* Keep mid and low back flat on floor.

## Scissors



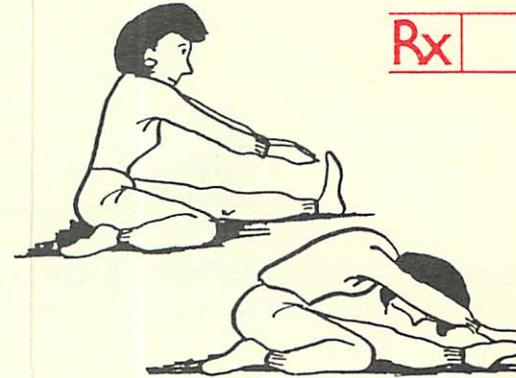
**ADVANCED EXERCISE (Be sure to check with doctor!)** To loosen and stretch abdominal, hip, back and hamstring muscles:  
**A.** Assume starting position. **B.** Raise both legs until balanced. **C.** Slowly scissor legs up and down 10 times. **D.** Slowly scissor back and forth (crossways) 10 times, alternating right leg over left, left over right. **E.** Return knees to chest, then feet to floor. **F.** Repeat once. \*\*\* Keep good balance and lower back flat on floor.

## Nose-to-knee Touch



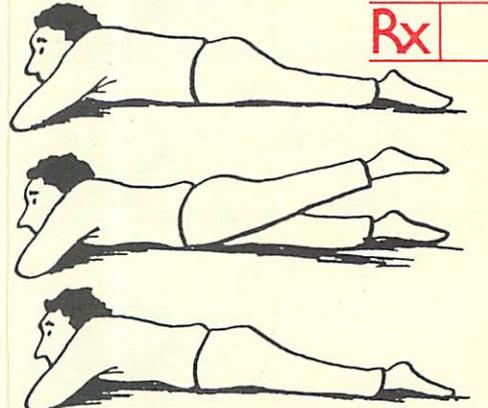
To stretch hip muscles, strengthen abdominal muscles:  
**A.** Assume starting position. **B.** Raise left knee slowly to chest. **C.** Pull left knee to chest with both hands. **D.** Raise head, touch nose to knee. **E.** Hold, count to five. **F.** Repeat 5 times. **G.** Repeat steps A-F with right knee. \*\*\* Keep lower back flat on floor.

## Hamstring Stretch



To limber up tight hamstring muscles:  
**A.** Assume sitting position. **B.** Tuck right leg back. **C.** Reach to touch toe with hands. **D.** Repeat 5 times. **E.** Repeat steps A-D with left leg tucked back. \*\*\* Feel stretching of hamstrings.

## Hip Hyperextension



**ADVANCED EXERCISE (Be sure to check with doctor!)** To stretch, strengthen hip, buttock and back muscles:  
**A.** Lie on stomach as pictured. **B.** Stiffen left leg straight. **C.** Slowly raise leg from hip. **D.** Return leg to floor. **E.** Repeat 5 times. **F.** Repeat steps A-E with right leg. \*\*\* Don't lift pelvis to raise leg. Keep leg straight.