

EXERCISE PROGRAM – LOW BACK

1. Lumbar / Sacro-iliac Joint Stretch

Lie on back with shoulder flat on the bed and both knees bent. Bend one knee up to the chest and pull gently. Hold for 5-10 seconds. Gently pull towards the opposite shoulder and hold for 5-10 seconds. Repeat with the other leg and hold for 5-10 seconds. Repeat 5 – 10 times.



2. Pelvic Tilt

Lie on back with knees bent. Flatten low back against floor and hold for 5 seconds, and relax. Repeat 5 -10 times.



3. Partial Sit-Ups

Lie on back with knees bent and hands resting on the thighs. Raise shoulders up off the ground in a ¼ sit-up, - no further! Repeat 5 -10 times.



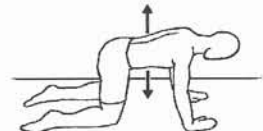
4. Pelvic Lift

Lie on back with knees bent and hands at side, palms facing downwards. Raise lower back and buttocks several inches off the floor and hold for 5 seconds. Relax and return to starting position. Repeat 5 -10 times.



5. Cat Curls

Kneel on all fours. Arch back up and drop head down to round whole spine. Slowly reverse curve and arch back down and lift head. Repeat 5 -10 times.



6. Side Bends

Standing with feet shoulder width apart. Side bend as far as is comfortable, do not “bounce” at end or bend forward. Return to upright and repeat the other side. Repeat 5 -10 times.



7. Prayer Stretch

Kneel down on the floor with your legs tucked underneath you. Stretch the arms out in front of you and drop the head to the floor. You can walk the fingers away from you to get a gentle stretch down the sides of the body. Hold for 10 seconds, repeat 5-10 times.

