

Back Exercises

Pelvic tilt



Lie on your back with your knees bent. In this relaxed position, the small of your back will not be touching the floor. Tighten your abdominal muscles so that the small of your back presses flat against the floor. Hold for five seconds then relax. Repeat three times and gradually build to 10 repetitions.

Knees-to-chest



Lie on your back with both legs straight. Bring one knee up to your chest, pressing the small of your back into the floor (pelvic tilt). Hold for five seconds and repeat five times. Repeat exercise on other leg.

Back stretch

Lie on your stomach. Use your arms to push your upper body off the floor. Hold for five seconds. Let your back relax and sag. Repeat 10 times.



Leg Reach

Do this exercise on your hands and knees. Keep your knees under your hips and your hands under your shoulders. Keep your spine in a neutral position (not arched or sagging). Be sure to maintain your neck's natural curve.

- Extend one leg straight back. Don't arch your back or let your head or body sag.
- Hold for 5 seconds.
- Return to starting position.
- Repeat 5 times.
- Switch legs.



Quad Stretch

This exercise stretches and strengthens your lower body to help your back. Do the exercise as often as suggested by your healthcare provider. As you work out, don't rush or strain. Use an exercise mat, pillow, or folded towel to protect your knees and other sensitive areas.

- Stand arm's length from a wall. Place one hand on it.
- With your other hand, grasp your ankle on the same side. Pull the heel toward your buttocks. Don't arch your back.
- Hold for 20 seconds. Repeat 2 times. Switch legs.



Arm Reach

Do this exercise on your hands and knees. Keep your knees under your hips and your hands under your shoulders. Keep your spine in a neutral position (not arched or sagging). Be sure to maintain your neck's natural curve.

- Stretch one arm straight out in front of you. Don't raise your head or let your supporting shoulder sag.
- Hold for 5 seconds.
- Return to starting position.
- Repeat 5 times.
- Switch arms.



Leg Pull

To start, lie on your back with your knees bent and feet flat on the floor. Don't press your neck or lower back to the floor. Breathe deeply. You should feel comfortable and relaxed in this position.

- Pull one knee to your chest.
- Hold for 20 seconds. Return to starting position.
- Repeat 2 times.
- Switch legs.
- For a double leg pull, pull both legs to your chest at the same time. Repeat 2 times.

