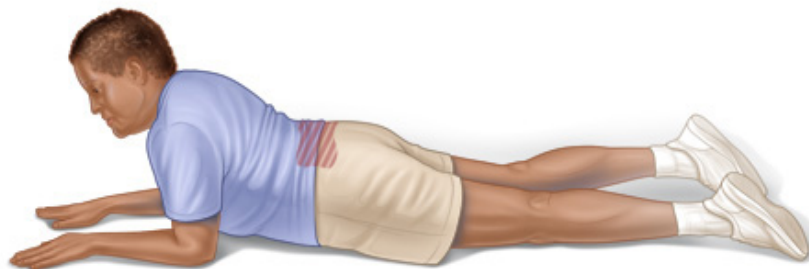


Low Back Pain Exercise



Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain. Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

Press-up



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1. Lie on your stomach, supporting your body with your forearms.
2. Press your elbows down into the floor to raise your upper back. As you do this, relax your stomach muscles and allow your back to arch without using your back muscles. As your press up, do not let your hips or pelvis come off the floor.
3. Hold for 15 to 30 seconds, then relax.
4. Repeat 2 to 4 times.
5. Do not do the knee-to-chest exercise if it causes or increases back or leg pain.

Knee-to-Chest



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1. Lie on your back with your knees bent and your feet flat on the floor. Bring one knee to your chest, keeping the other foot flat on the floor (or the other leg straight, whichever feels better on your lower back). Keep your lower back pressed to the floor. Hold for at least 15 to 30 seconds.
2. Relax and lower the knee to the starting position.
3. Repeat with the other leg. Repeat 2 to 4 times with each leg.
4. To get more stretch, put your other leg flat on the floor while pulling your knee to your chest.

Curl-ups



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1. Lie on the floor on your back with your knees bent at a 90-degree angle. Your feet should be flat on the floor, about 12 inches from your buttocks.
2. Cross your arms over your chest.
3. Slowly tighten your belly muscles and raise your shoulder blades off the floor.
4. Keep your head in line with your body, and do not press your chin to your chest.
5. Hold this position for 1 or 2 seconds, then slowly lower yourself back down to the floor.
6. Repeat 8 to 12 times.

Pelvic tilt



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1. Lie on your back with your knees bent.
2. "Brace" your stomach. This means to tighten your muscles by pulling in and imagining your belly button moving toward your spine. You should feel like your back is pressing to the floor and your hips and pelvis are rocking back.
3. Hold for about 6 seconds while you breathe smoothly.
4. Repeat 8 to 12 times.

Alternate arm and leg (bird dog)

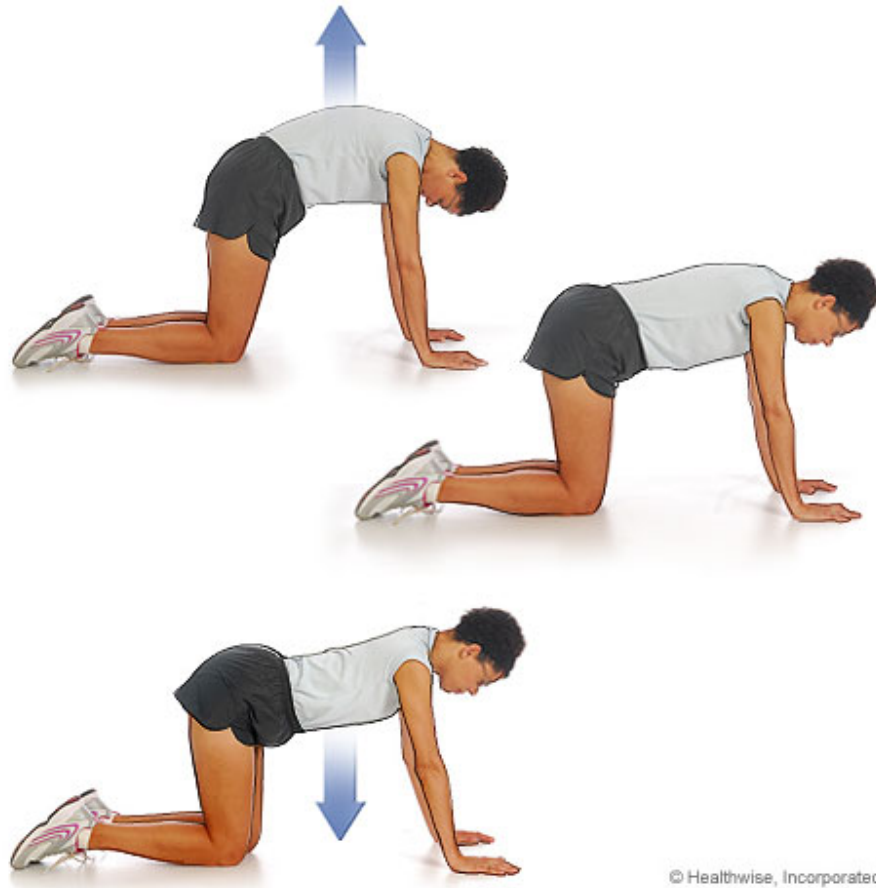


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Do this exercise slowly. Try to keep your body straight at all times, and do not let one hip drop lower than the other.

1. Start on the floor, on your hands and knees.
2. Tighten your belly muscles.
3. Raise one leg off the floor, and hold it straight out behind you. Be careful not to let your hip drop down, because that will twist your trunk.
4. Hold for about 6 seconds, then lower your leg and switch to the other leg.
5. Repeat 8 to 12 times on each leg.
6. Over time, work up to holding for 10 to 30 seconds each time.
7. If you feel stable and secure with your leg raised, try raising the opposite arm straight out in front of you at the same time.

Cat-Camel



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1. Get down on your hands and knees on the floor.
2. Relax your head, and allow it to droop.
3. Round your back up toward the ceiling until you feel a nice stretch in your upper, middle, and lower back.
4. Hold this stretch for as long as it feels comfortable, or about 15 to 30 seconds.
5. Return to the starting position with a flat back while you are on all fours.
6. Let your back sway by pressing your stomach toward the floor. Lift your buttocks toward the ceiling.
7. Hold this position for 15 to 30 seconds.
8. Repeat 2 to 4 times.

Backward Bend



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1. Stand with your feet hip-width apart, toes pointing forward. Do not lock your knees.
2. Place your hands on your back, palms at your waist.
3. Lengthen up through your spine, all the way through the crown of your head.
4. Keeping your legs straight, bend backward over your hands without arching your neck.
5. Hold the pose for 1 to 2 seconds.
6. Return to standing. Repeat 3 to 10 times.

Double Knee-to-Chest



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1. Lie on your back with your knees bent and your feet flat on the floor.
2. Bring one knee to your chest and then the other. Don't raise both legs together.
3. Hold for 15 to 30 seconds.
4. Relax and lower your legs-one at a time-to the floor.
5. Rest for 30 seconds.
6. Repeat 2 to 4 times.