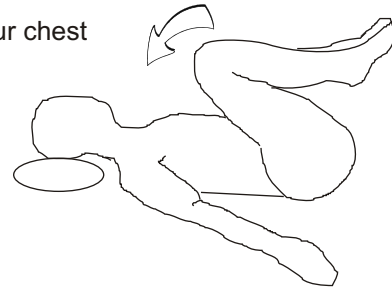


Low Back Strengthening Exercises

Number 1:

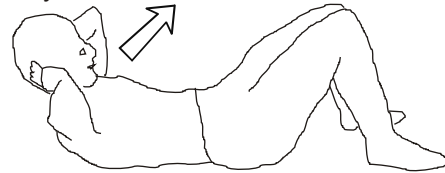
1. Lie on your back with a pillow under your head and knees bent
2. Keeping both hands on the floor, raise each knee separately towards your chest
3. Now use your tummy muscles to pull both knees towards your chest
(The knees should only move 2-3 inches)
Lower the legs back into the starting position **One at a time!**



Repeat
times per day

Number 2:

1. Lie on your back with a pillow under your head and both knees bent
2. Press your low back to the floor by tilting your pelvis (suck in your belly)
3. Touch both hands to the side of your head (never behind)
4. Now raise the top half of your body from the waist a few inches (don't pull your head forward)
keep your back pressed to the floor throughout.
5. Lower slowly to the floor before repeating

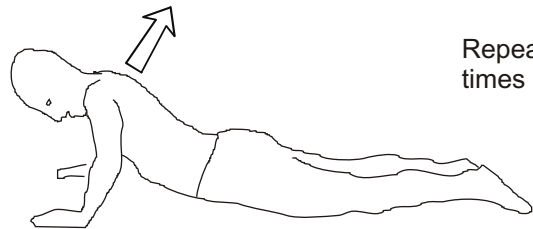


Repeat
times per day

Number 3:

1. Lie face down with your hands flat either side of your head
2. Gently use your arms to raise your upper body - not too far!
(Keep your back relaxed)
This should not cause pain in the lower back.
5. Exhale in this position then lower slowly to the floor
(Use your arm muscles not your back muscles)

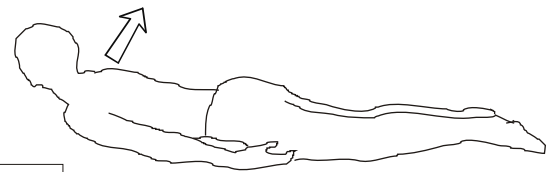
If recommended, hold in the arched position for seconds



Repeat
times per day

Number 4:

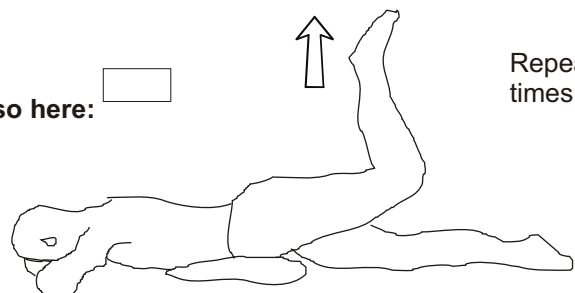
1. Lie face down with your hands palm upwards by your sides
Put a pillow under your abdomen if you are advised to do so here:
2. Now raise the upper half of your body **slightly** - do not use your arms to help
(This can feel more balanced if you have your legs slightly apart)
3. Lower slowly before repeating



Repeat
times per day

Number 5:

1. Lie face down with your hands either side of your head
Put a pillow under your abdomen if you are advised to do so here:
2. Now bend one knee and raise it 3 inches from the floor
3. Do the same with the other leg
Do not try this movement with both legs at once!



Repeat
times per day