

BASIC CONDITIONING EXERCISES FOR THE BACK

1. **PELVIC TILT:** Take a deep breath; exhale slowly. Keeping the legs bent, tighten your abdominal and buttock muscles and push the small of your back flat into the floor. Hold for a count of 10, and repeat slowly 5 times.



2. **SINGLE LEG FLEX:** With both hands bring one knee at a time up as near to your chest as possible, keeping the other leg bent. Hold for a count of 10, and repeat 5 times with each leg.

3. **BOTH LEG FLEX:** Tighten your abdominal muscles and bring both knees up to your chest. Hold for a count of 10, and repeat slowly 5 times.



4. **PARTIAL SIT-UP:** Lie with both hands across your chest and both legs bent. Curl up with your head flexed, so your chin is close to your chest until your shoulder blades are off the floor. Hold for a count of 10. Slowly lower your shoulders onto the floor, keeping your head flexed. Repeat 5 times slowly before relaxing your head.

5. **V-STRETCH:** Lie on the floor with your buttocks as close to the wall as you comfortably can, with legs up the wall and spread out to the sides. Keep legs fairly straight. Try to relax into the position and hold it for as long as is comfortable.



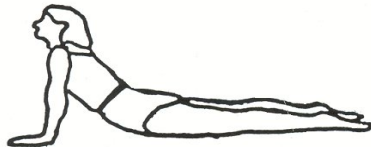
6. HIP ROTATION: Lie on your back with hands under the back of your neck. Keeping one leg straight, bend the other leg and lift the foot over the straight leg and place on the floor next to the knee. Keeping the shoulders in place, lift the buttock of the bent leg and rotate the hips so the bent knee approaches the floor the other side of the straight leg. Hold for a count of 5, and repeat 5 times with each leg.



7. PRONE RELAX: Lie face down with head turned to one side and arms at your sides. Try to relax into the position and feel the release of tension in the muscles of your back. Hold the position for 5 minutes.

***POSTPONE* numbers 8-10 until pain is gone.**

8. BACK EXTENSION: From the previous position push up so you lean on your forearms with your hands in front of you. Take the weight of the front half of your body on your elbows and let your back relax completely. Hold the position for 2 or 3 minutes if possible, then lower yourself to the lying position.



9. EXTENSION STRETCH: From the lying position place your hands under your shoulders and push up, to raise the front of your body until your arms are as straight as possible. Let the lower back relax for a few seconds then lower yourself down to the lying position. Repeat 5 times.

10. STANDING EXTENSION: Stand with feet slightly apart, and hands with fingers pointing backward on the small of your back. Lean backward, keeping knees straight, and hold for a couple of seconds before returning to the upright position.

