

Stretching & Exercise Back Strengthening

6

BACK 13: Upper Body Extension



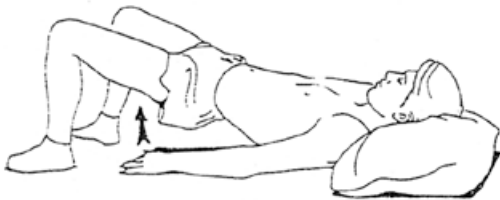
With pillow supporting abdomen, clasp hands behind back and lift upper body off floor. Keep chin tucked while lifting. Hold 30 seconds. Repeat 6 times. Do twice daily.

BACK 14: Alternate arm and leg lift



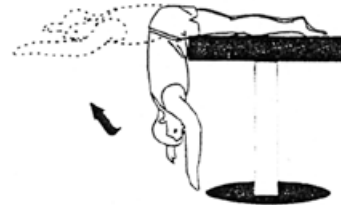
Keep knee locked and lift leg 8 - 10 inches from floor, along with opposite arm. Hold 30 seconds. Repeat 6 times on each side. Do twice daily.

BACK 15: Bridging.



Slowly raise buttocks from floor. Keeping stomach tight. Hold 30 seconds. Repeat 6 times. Do twice daily.

Back 16: Back Extensions



Have someone support heels and slowly extend to horizontal position. (Do not over extend). Hold for 5 seconds and repeat 6 times.

BACK 17: Wall Slides

Keep head, neck, shoulders and back against wall with feet out in front and slightly wider than shoulder width. Slowly lower buttocks while sliding down wall, until thighs are parallel to floor. Keep back flat.

Hold 30 seconds.
Repeat 6 times
Do twice daily.



BACK 18: Curl-Up



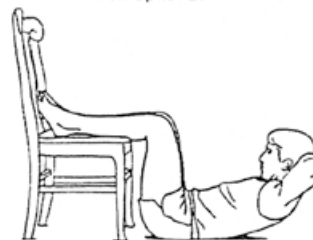
Keeping arms folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor. Hold 30 seconds. Repeat 6 times. Do twice daily.

BACK 19: Diagonal Curl-Up



Keeping arms folded across chest, tilt pelvis to flatten back. Lift head and shoulders from floor while rotating to one side. Hold 30 seconds. Repeat 6 times on each side. Do twice daily.

BACK 20: Partial Sit-Up for Lower Abdominals



With legs over foot stool or chair and arms clasped behind neck or folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor. Hold 30 seconds. Repeat 6 times. Do twice daily.

