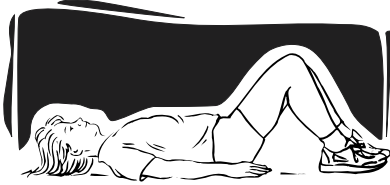


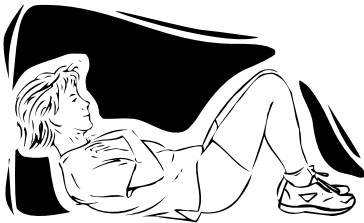
# Back Exercises

Back exercises are one of the most important things you can do to help protect yourself from injury. The following exercises, when done every day, can help strengthen your back and keep it in good condition.



## **Pelvic Tilt** (Repeat five to 10 times.)

- Lie on your back with your knees bent and feet flat on the floor.
- Slowly tighten your stomach and buttocks as you press your lower back onto the floor.
- Hold for 10 seconds and then release.



## **Bent-Knee Sit-Ups** (Repeat five to 10 times.)

- Lie on your back with knees bent and feet and lower back on the floor.
- Place your arms across your chest and slowly raise your shoulders, using your stomach muscles. (Don't use your neck or arms to lift your upper body).
- Hold for 10 seconds. Relax.



## **Hamstring Stretch** (Repeat five to 10 times, then switch sides.)

- Lie on your back with one leg straight in front of you and the other bent.
- Hold on to the ankle of your bent leg and slowly try to straighten your leg, keeping your lower back on the floor.
- Hold for 10 seconds. Relax.



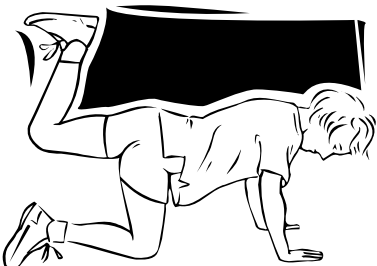
## **Leg Lift** (Repeat five to 10 times, then switch sides.)

- Lie on your back with one leg straight in front of you and the other bent.
- Slowly raise your straightened leg as high as you can.
- Hold for 10 seconds.
- Slowly lower your leg to the floor. Relax.



## **Modified Push-Up** (Do the exercise eight to 12 times, rest for a minute and repeat.)

- Lie on your stomach with your palms on the floor to the sides of your shoulders and your elbows bent so they point upward.
- With your knees on the floor, slowly push your chest up. Your knees will bend as you rise, but your upper thighs, back, neck and head should be in a straight line.
- Stop just before you lock your elbows.
- Hold, take a breath, then return to the starting position.



## **Cat Stretch** (Do the exercise eight to 12 times for each leg.

Rest for a minute and repeat.)

- Get on your hands and knees, with your hands directly below your shoulders.
- Keep your knees hip-width apart.
- Slowly lift your right leg, knee still bent, so your thigh is raised a little bit higher than your body. The bottom of your foot should be facing the ceiling.
- Hold for a moment, then slowly return to the starting position.
- Repeat with the other leg.