

AUSTIN BONE & JOINT CLINIC

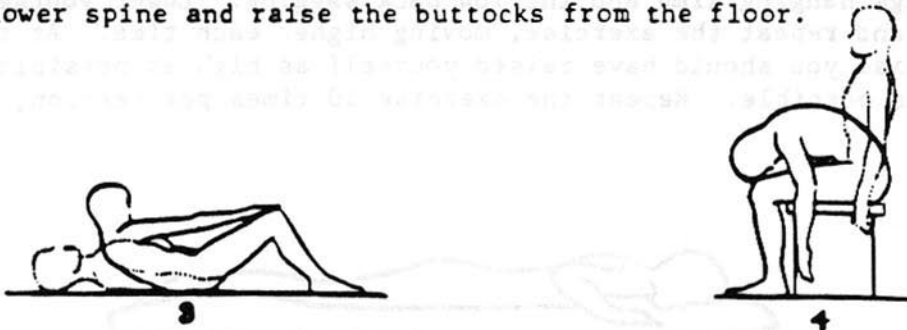
BACK EXERCISES

1. Do the reclining exercises on a firmly padded surface (carpet, blanket on the floor). NEVER do them on a soft bed.
2. Completely rest and relax for a few seconds before starting each exercise.
3. To be most successful, do these exercises REGULARLY.

Number of repetitions ____ . Sessions per day ____ .



1. PELVIC TILT - Lie flat on your back, bend the hips and knees, and place the feet flat on the floor. Try to push the small of the back against the mat by tightening the stomach muscles and squeezing the buttocks together. Hold for the count of one. Relax.
2. KNEES TO CHEST - Lie on your back, bend both knees and hips, grasp each knee with the corresponding hand, and at the same time pull each knee to the arm pit, attempting to curl the lower spine and raise the buttocks from the floor.



3. HALF SIT - UPS - Lie on your back, bend the knees so that the soles of the feet are flat against the floor. Raise your head and chest trying to touch the fingers to the knees.
4. BEND OVER - Sitting in a straight chair with the feet flat on the floor, bend forward and try to touch the forehead to the knees.

5. WALL PUSH - Stand with your heels about 6 inches from a wall. Then with the knees slightly bent push the small of the back firmly against the wall with the shoulders and the head slumping forward.



FLAT BACK OR REDUCED LORDOTIC CURVE

1. Lying face down with the arms beside one's body, head turned to either side. Remain in this position for five minutes to relax completely.



2. Remain face down, lean on your elbows. Stay in this position for about 5 minutes making sure that you relax your low back completely during that time.



3. Remain face down, place your hands in position for press-ups. Press the top half of your body up as far as pain permits, remembering at the same time to keep the pelvis and legs hanging limp and the low back sagging. Lower yourself to the starting position and repeat the exercise, moving higher each time. At the completion of this exercise you should have raised yourself as high as possible with your arms as straight as possible. Repeat the exercise 10 times per session, 3 to 4 times each day.

