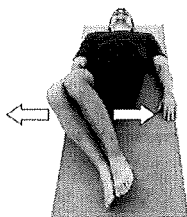# Back Exercises

1

LOWER TRUNK ROTATIONS

Lying on your back with your knees bent, gently rotate your back as you move your knees to the side and then reverse directions and move your knees to the other side. You should feel a stretch in the back on the opposite side you knees are pointing. Repeat as you move through a comfortable range of motion.

Repeat   15 Times
Hold   5 Seconds
Complete 1 Set
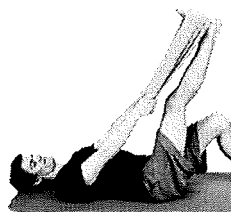Perform   2 Times a Day

2

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat.

Repeat   2 Times
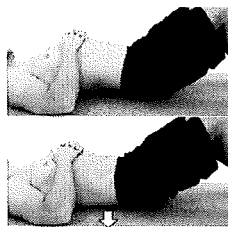Hold   30 Seconds
Perform   2 Times a Day

3

HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel, belt, or strap under your foot and draw up your leg until a comfortable stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Repeat   2 Times
Hold   30 Seconds
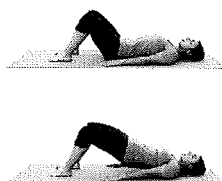Perform   2 Times a Day

4

PELVIC TILT - SUPINE

Lie on your back with your knees bent. Push your low back flat to ground then draw in your belly button to ground. Hold this contraction. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion

Repeat   10 Times
Hold   5 Seconds
Complete 2 Sets
Perform   2 Times a Day

5

BRIDGING

While lying on your back with knees bent, draw in abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself slowly while keeping muscles tight. Move through a comfortable range of motion

Repeat   10 Times
Hold   5 Seconds
Complete 2 Sets
Perform   2 Times a Day

6

WALL POSTURE

Stand with your heels up against a wall.

Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time.

Pull belly button in and draw in abdominals. Start with 30 seconds and increase time as able.

Repeat   4 Times
Hold   30 Seconds
Perform   2 Times a Day