

ADVANCED BACK Exercises

These exercises stretch and strengthen your back. Before starting an exercise, read through all the instructions. Breathe normally and use smooth movements. Stop if you feel any pain. If pain persists, call your healthcare provider.

Diagonal Crunch

- 1 Lie flat on the floor. Rest your left arm on the floor for balance. Place your right arm on your left thigh. Tilt your pelvis to flatten your back.
- 2 Keep your back flat. Lift your head and shoulders from the floor while reaching your right arm past your left knee. Hold for ___ seconds. Slowly lower your head and shoulders back to the floor.
- 3 Repeat ___ times to each side. Do ___ sets ___ times a day.

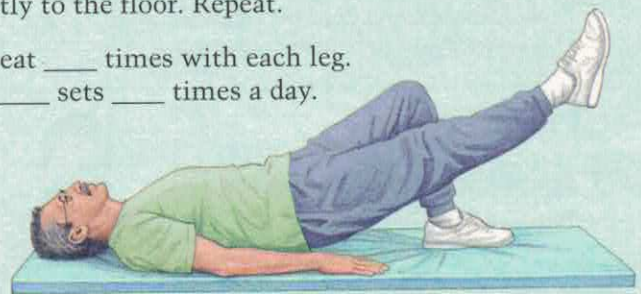


CAUTION

- Keep your lower back pressed to floor while lifting your head and shoulders.
- Keep your head in line with shoulders.

Bridge with Leg Lift

- 1 Lie on the floor with one leg straight and one bent. Place your hands and palms flat on the floor.
- 2 Lift your buttocks 2 to 3 inches while lifting your straight leg. Lower your buttocks, touching them lightly to the floor. Repeat.
- 3 Repeat ___ times with each leg. Do ___ sets ___ times a day.



CAUTION

- Don't arch your back.
- Keep your head and neck straight.

Leg Press

- 1 Lie with your lower back pressed flat to the floor. Bend your knees at a 90-degree angle, hips parallel to the floor.
- 2 Raise both feet off the floor. Keeping your stomach tight and back flat, push the heel of one leg out at a 45-degree angle. Hold for ___ seconds. As you slowly return that leg to the starting position, push out with the heel of the opposite leg. Continue to alternate legs.
- 3 Repeat ___ times. Do ___ sets ___ times a day.



CAUTION

- Don't arch your back.

Swimming

- 1 Lie on your stomach with your forehead resting on a rolled towel and a pillow under your hips. Straighten your legs and put your arms out in front of you.
- 2 Keep your knees and elbows straight. Raise your left leg and right arm 3 to 6 inches from the floor. Hold ___ seconds, then lower. Raise your right leg and left arm. Hold ___ seconds, then lower.
- 3 Repeat ___ times. Do ___ sets ___ times a day.



CAUTION

- Don't arch your back.

□ Donkey Kick

- 1 Start on your hands and knees. Keep your head and neck in a straight line and your back flat.
- 2 Pull one knee in toward your chest. Then push that leg straight back. Hold ___ seconds, then return to starting position.
- 3 Repeat ___ times with each leg. Do ___ sets ___ times a day.



CAUTION

- When straightening your leg, don't arch your back or overextend your neck.
- Use controlled movements—don't jerk.

□ Side Lunge

- 1 Stand with your feet shoulder-width apart, hands on hips. Bend your knees slightly.
- 2 Holding stomach muscles tight, take a wide step (about 45 degrees) to the side with one leg. Bend the front leg, keeping your back leg straight. Return to the starting position.
- 3 Repeat ___ times with each leg. Do ___ sets ___ times a day.



CAUTION

- Don't let your bent knee extend past your toe.
- Keep your head level.

□ Seated Trunk Rotation

- 1 Sit straight, legs shoulder-width apart, feet flat on the floor. Cross your arms on your chest.
- 2 Keeping your head, neck, and trunk in a straight line, turn as far as you can to one side. Look over your shoulder. Hold for ___ seconds, then slowly return to starting position. Repeat with the opposite side.
- 3 Repeat ___ times. Do ___ sets ___ times a day.



CAUTION

- Keep your back straight, with head, neck, and trunk aligned.
- Don't turn too far.

□ Wall Squat

- 1 Stand with your back against a wall. Put your feet shoulder-width apart and at least 24 inches out in front of you with legs straight.
- 2 Grasp a ___ pound weight in each hand, arms straight, palms toward body. Bend your knees until you feel tension in your thighs. Hold for ___ seconds. Return to starting position.
- 3 Repeat ___ times. Do ___ sets ___ times a day.



CAUTION

- If you have knee problems, talk to your health-care provider before doing this exercise.
- Don't let your bent knees extend past your toes.

KRAMES
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