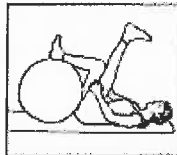


Exercises for Low Back Pain

Exercise Tips

- These exercises can be performed every day or every other day; perform 10-20 repetitions of each.
- Tighten your abdominal muscles and maintain a "neutral" position of your low back during exercise. Ask your therapist to help you find the "neutral" position.
- If you experience any pain or numbness, particularly in your legs, stop exercising immediately and contact your healthcare provider.

Selected References
 Saal JA. 1993. *Drugs for Back Pain*. 19(8):691-700.
 Vera-Garcia FJ, et al. 2008. *Phys Ther*. 88(6):564-569.



HAMSTRING STRETCH: Keep your back straight and bend opposite knee over ball. Grasp

behind knee and extend knee slowly until you feel tension. Hold 10-15 seconds.

Repeat _____ times.



PRESS-UP STRETCH: Begin lying face down with hands under your shoulders. Straighten

your arms to extend your back. Keep your hips and knees on the floor. Hold 10-15 seconds.

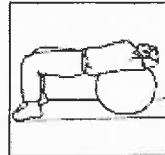
Repeat _____ times.



HIP FLEXOR STRETCH: Sit on ball with the leg to be stretched extended behind and other bent in front of you. Maintain a

straight back as you squeeze your buttocks. Hold for 10-15 seconds.

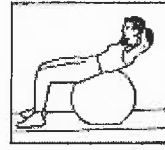
Repeat _____ times.



BRIDGE: Begin with back on ball and feet on floor. Lower and raise your buttocks, keeping your upper back

on the ball and feet on the floor.

Repeat _____ times.



AB CRUNCH: Begin with low back on ball and feet on the floor. Keep buttocks tight and keep back

straight. Lift shoulder blades off ball. Slowly return.

Repeat _____ times.



BACK EXTENSION: Begin on knees with ball under chest. Extend upper back

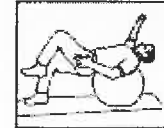
off ball, keeping hips on ball. Don't hyperextend your back. Slowly return.

Repeat _____ times.



SITTING ARMS & LEGS: Sit on the ball with back in neutral. Gently raise your right arm and left knee, keeping your back straight and abdominals tight. Return and repeat with opposite arm and leg.

Repeat _____ times.



BRIDGE ARMS & LEGS: Lay with your back on the ball and feet on floor. Keep your buttocks tight and your back in neutral. Gently

raise your right arm and left knee. Return and repeat with opposite arm and leg.

Repeat _____ times.



PRONE ARMS & LEGS: Lay with your chest on the ball, and hands and feet on floor. Keep your back in neutral. Gently raise

your right arm and left knee. Return and repeat with opposite arm and leg.

Repeat _____ times.



ONE-LEG BALANCE: Stand on one leg and balance, keeping your back in neutral and abdominals tight. Repeat on opposite leg. For additional challenge, close your eyes or use the Stability Trainer.

Hold 30 seconds.

Repeat _____ times.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM