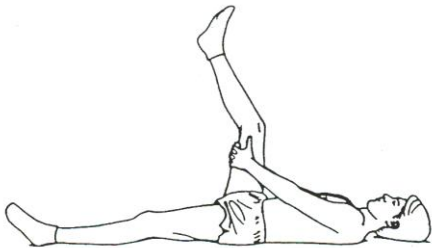


BASIC EXERCISES FOR THE LOW BACK

Perform these exercises slowly, without forcing movement. Be sure to breathe throughout the exercises. You should feel a slight stretch, however, do not move into pain. Your symptoms should not intensify as a result of doing your exercises. Perform the exercises 2-3 times daily.



Hamstrings (fig.1)



Lying on floor, pull thigh towards your chest to about 90°. Straighten your knee until a stretch is felt in back of thigh. Hold 1 minute. Repeat with opposite leg.



Single Knee to Chest (fig.2)



Pull knee in to chest until a comfortable stretch is felt in hip and lower back. Hold 15 seconds. Repeat with opposite leg. Repeat 5-10 times each leg.



Pelvic Tilt (fig.3)



Flatten back by tightening stomach and buttock muscles. Hold 10 seconds. Repeat 10 times.



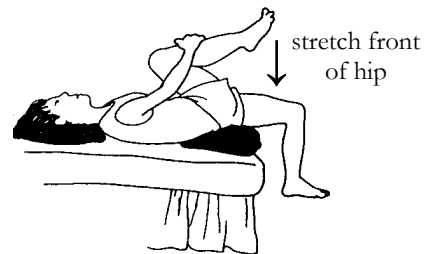
Cat and Camel (fig.4)



On all fours, assume a "hump" back position by arching the back up. Hold briefly and then slowly lower the back into a sagging position. Repeat 10-15 times.



Hip Flexors (fig.5)



Lying on your back, pull one knee to the chest to keep the back flat. Allow the opposite thigh to drop over the edge of the bed. Do not allow the thigh to move away from the midline or rotate. Hold 30 seconds. Repeat 2 times each leg.



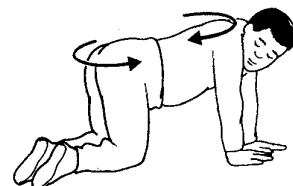
Prop Up on Elbows (fig.6)



On firm surface, lying on your stomach, prop up on your elbows. Keep pelvis, hips and legs relaxed. If propping on elbows is painful, try only lying on stomach or with a pillow under your abdomen. Hold 30 seconds. Repeat 3-5 times.



Tail Wag (fig.7)



On all fours with back maintained in neutral position, gently move hips toward rib cage to side bend trunk. Hold briefly, then alternate and do other side. Repeat 10-15 times.



Lumbar Rotation (fig.8)



Slowly rock knees from side to side in a pain free range of motion. Allow back to rotate slightly. Repeat 10-15 times.

Google Search: ISAEC(www.isaec.org) section called exercise videos

Google www.self.com 12 hip stretches