

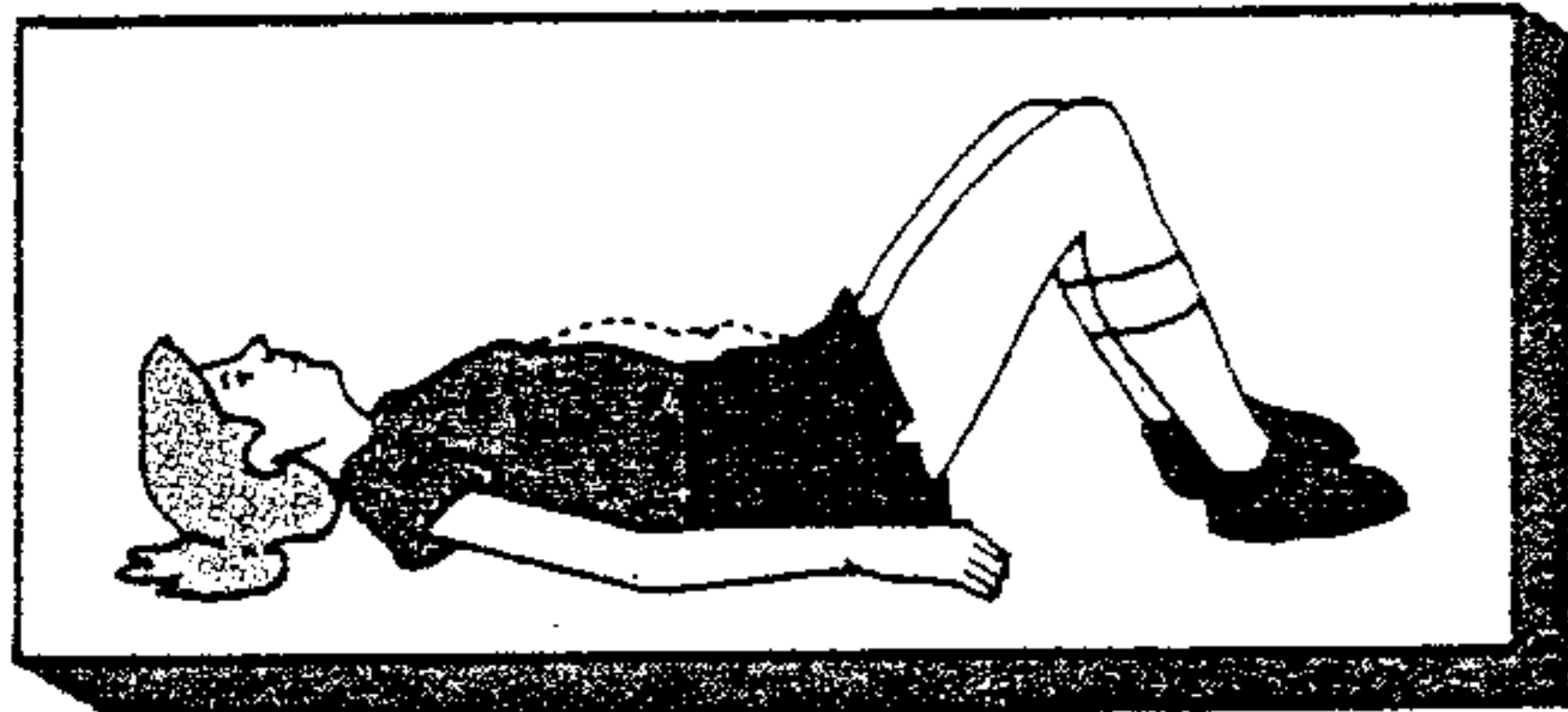
# Fitness Tip

Begin with circled exercises as tolerated.  
Add others as pain allows.

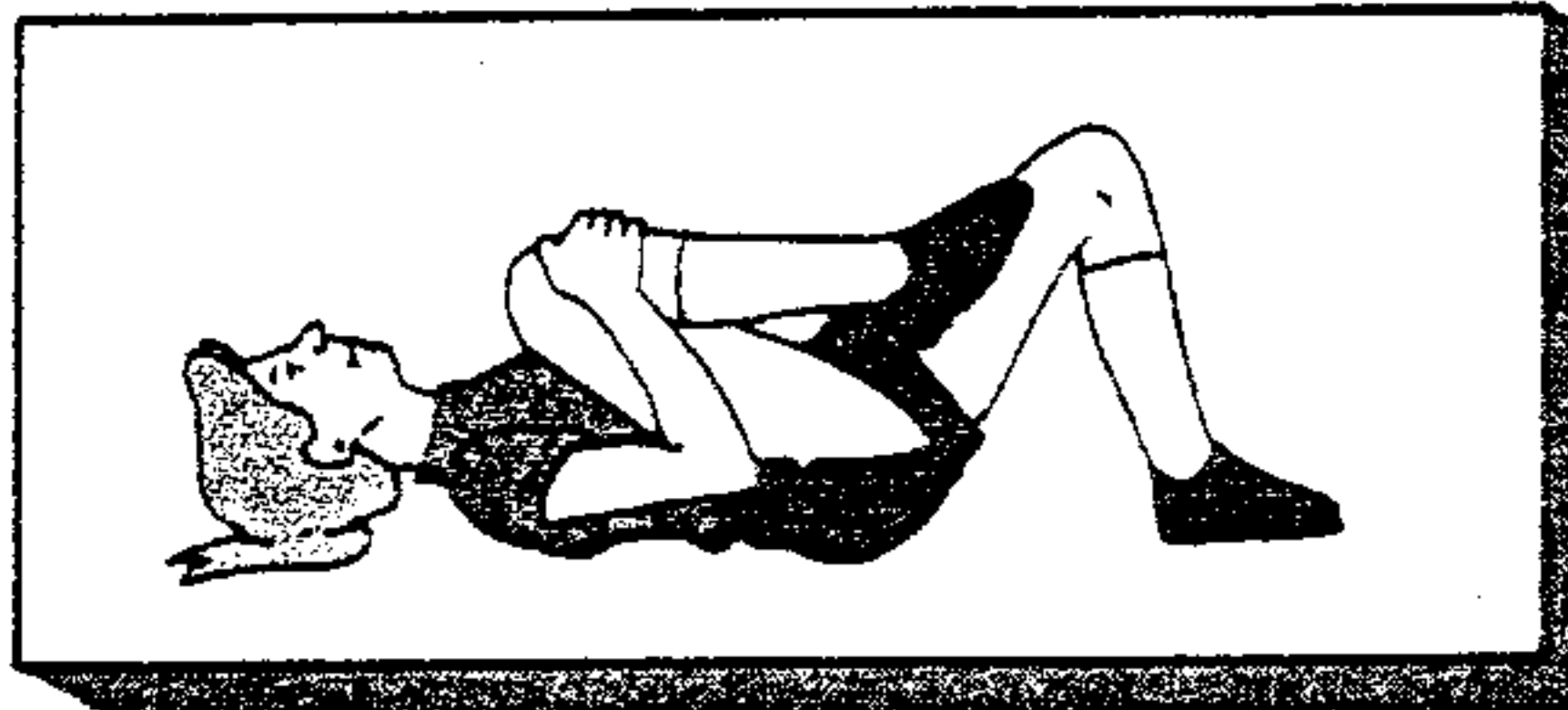
## Exercises to prevent and treat low back pain

These exercises help provide for a flexible lumbar spine and strong abdominal muscles—both important for preventing and alleviating low back pain. (However, back flexion exercises are not recommended for persons who have osteoporosis.) Perform each exercise \_\_\_\_\_ times, \_\_\_\_\_ days per week.

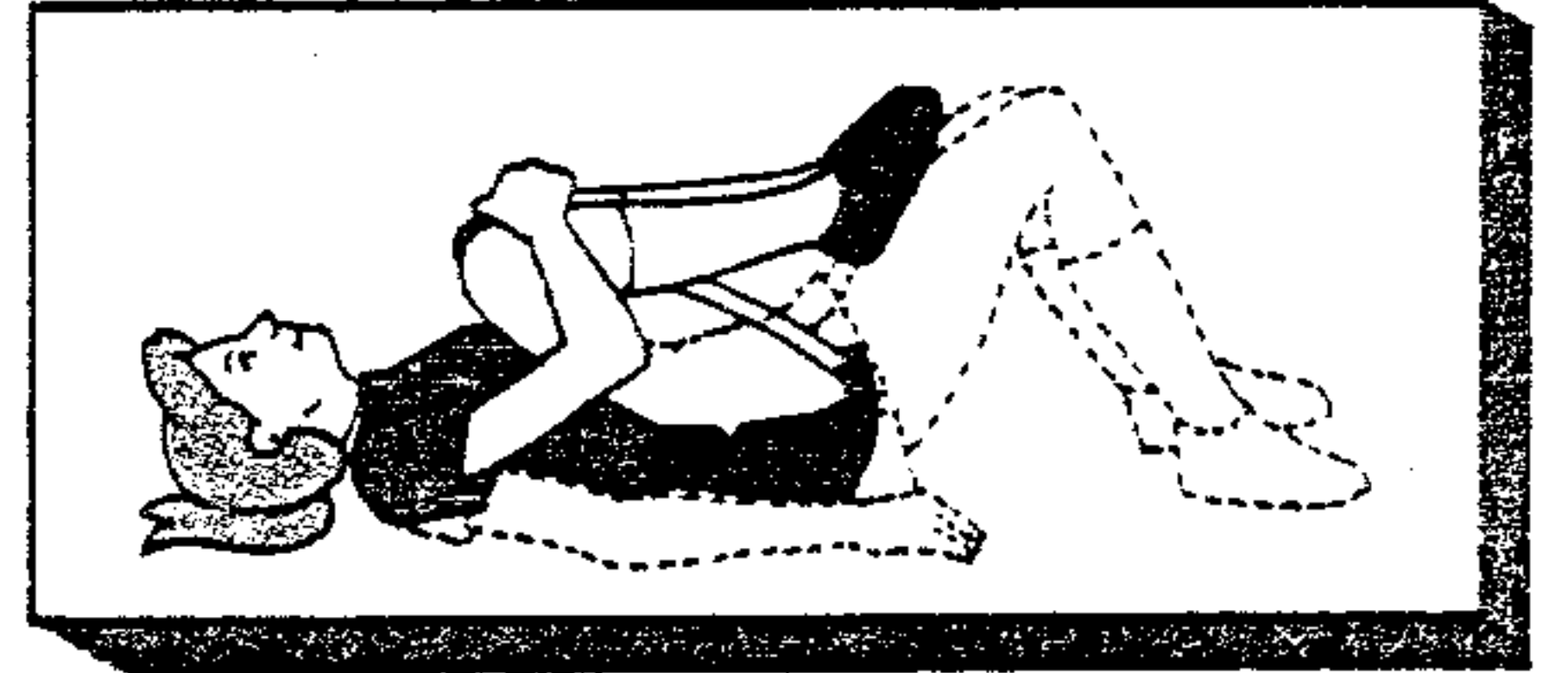
Illustrations: Terry Boles © 1988



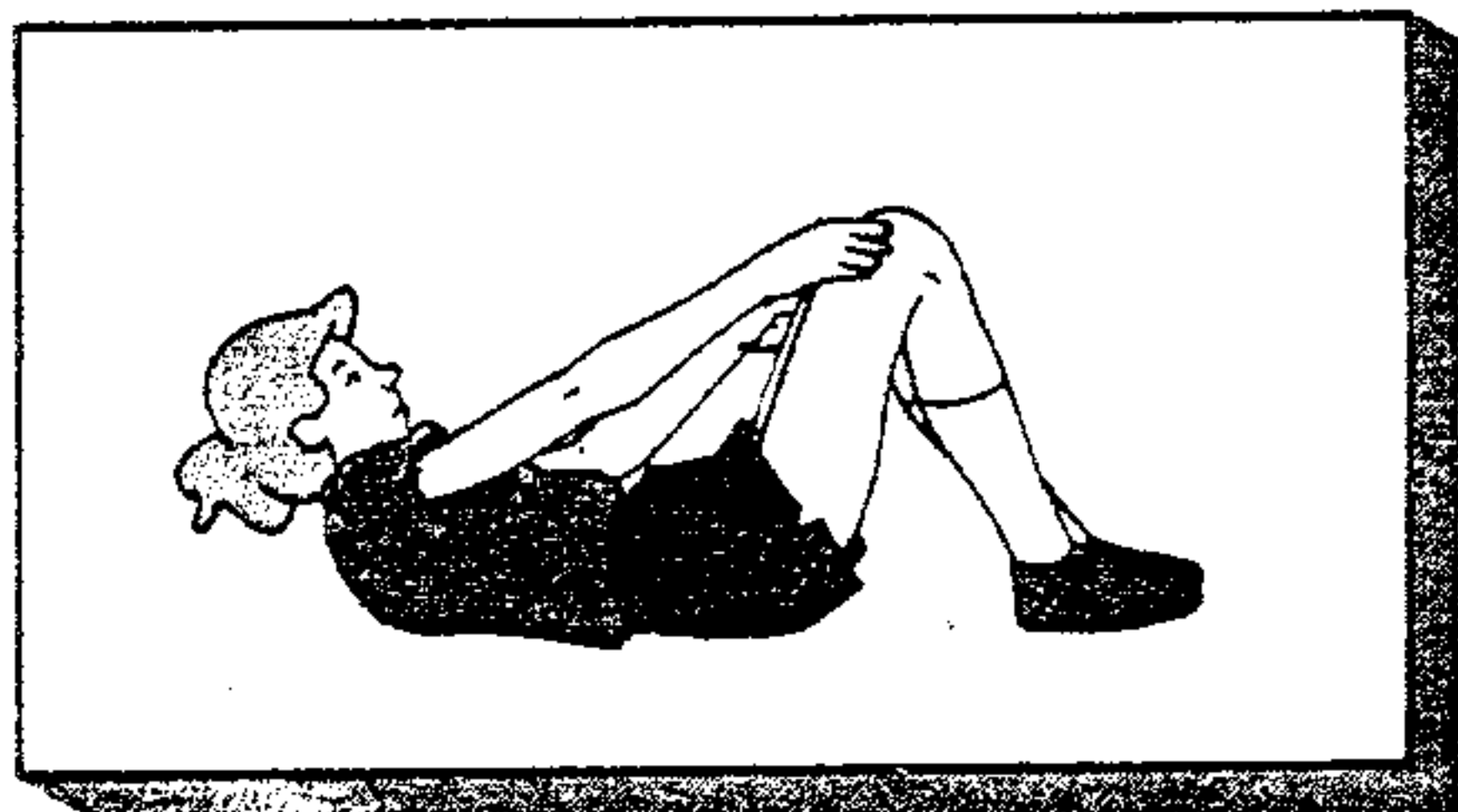
① **Pelvic tilt.** Lie on your back with knees bent, feet flat on the floor, and arms at your sides. Tighten your stomach muscles and flatten the small of your back against the floor, without pushing down with the legs. Hold for five seconds, then slowly relax. **10X**



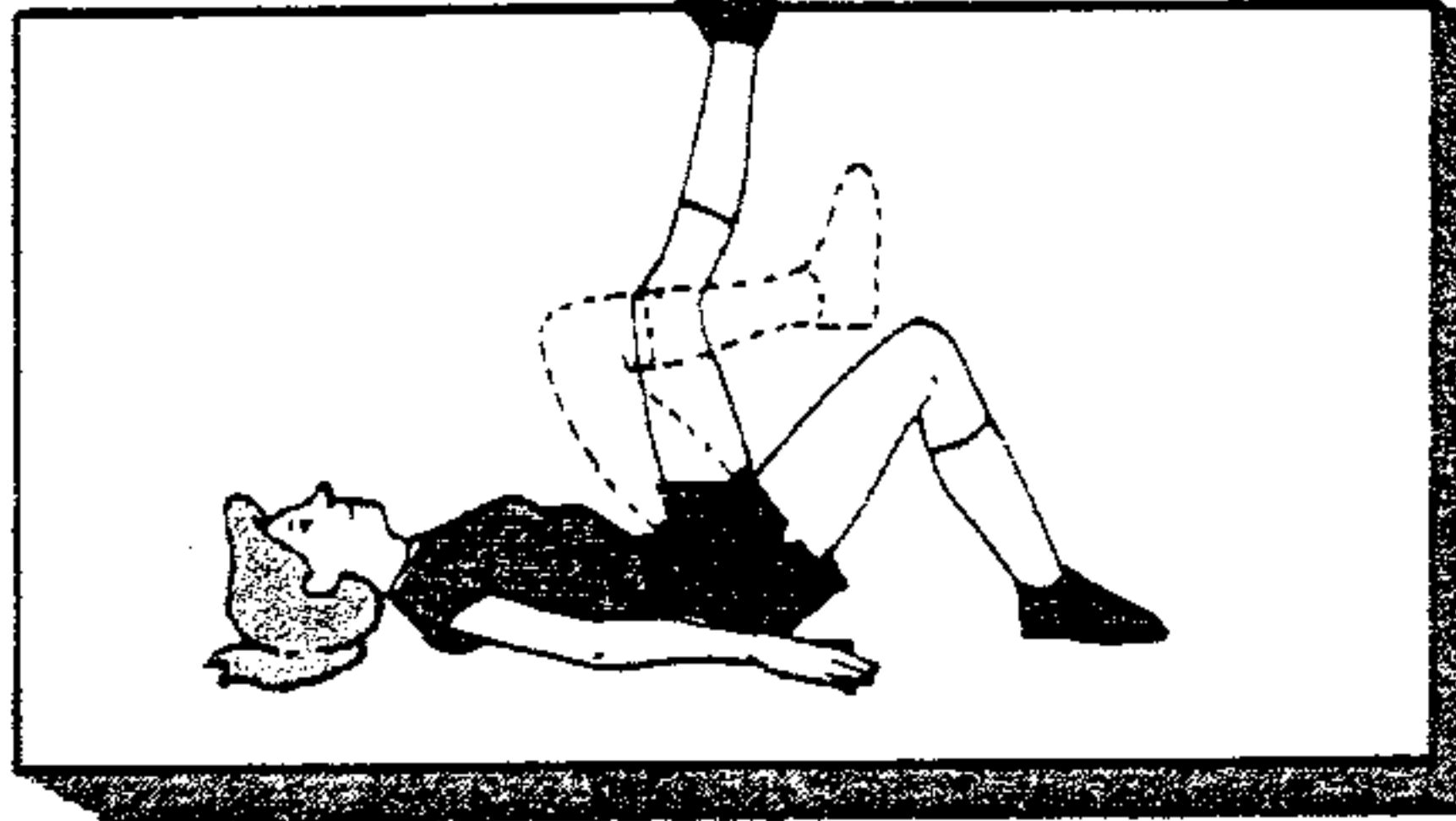
② **Knee to shoulder.** Starting in the same position as for the pelvic tilt, grasp your right knee and gently pull it toward your right shoulder. Return to the starting position and repeat with the left leg. **Hold 30sec 3X**



③ **Double knee to chest.** Starting in the same position as for the pelvic tilt, grasp your right leg and pull it close to your chest, and then pull the left leg even with the right. Pull both knees toward your shoulders. Let your knees return to arm's length and repeat. **Hold 30sec 3X**



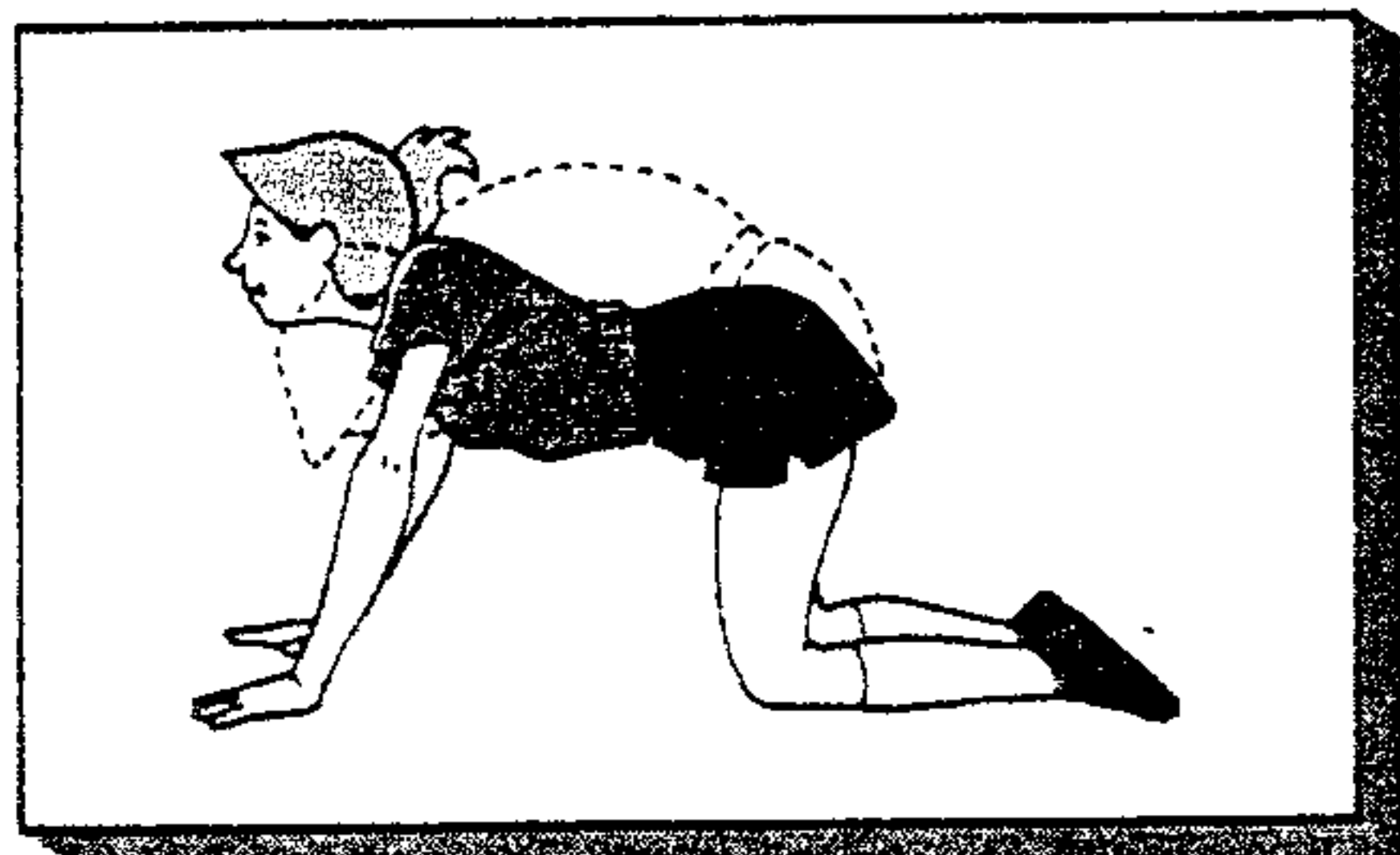
④ **Partial sit-up.** Do the pelvic tilt and, while holding this position, curl your head and shoulders up and forward. Hold briefly. Return slowly to the starting position. **Begin 3X10**



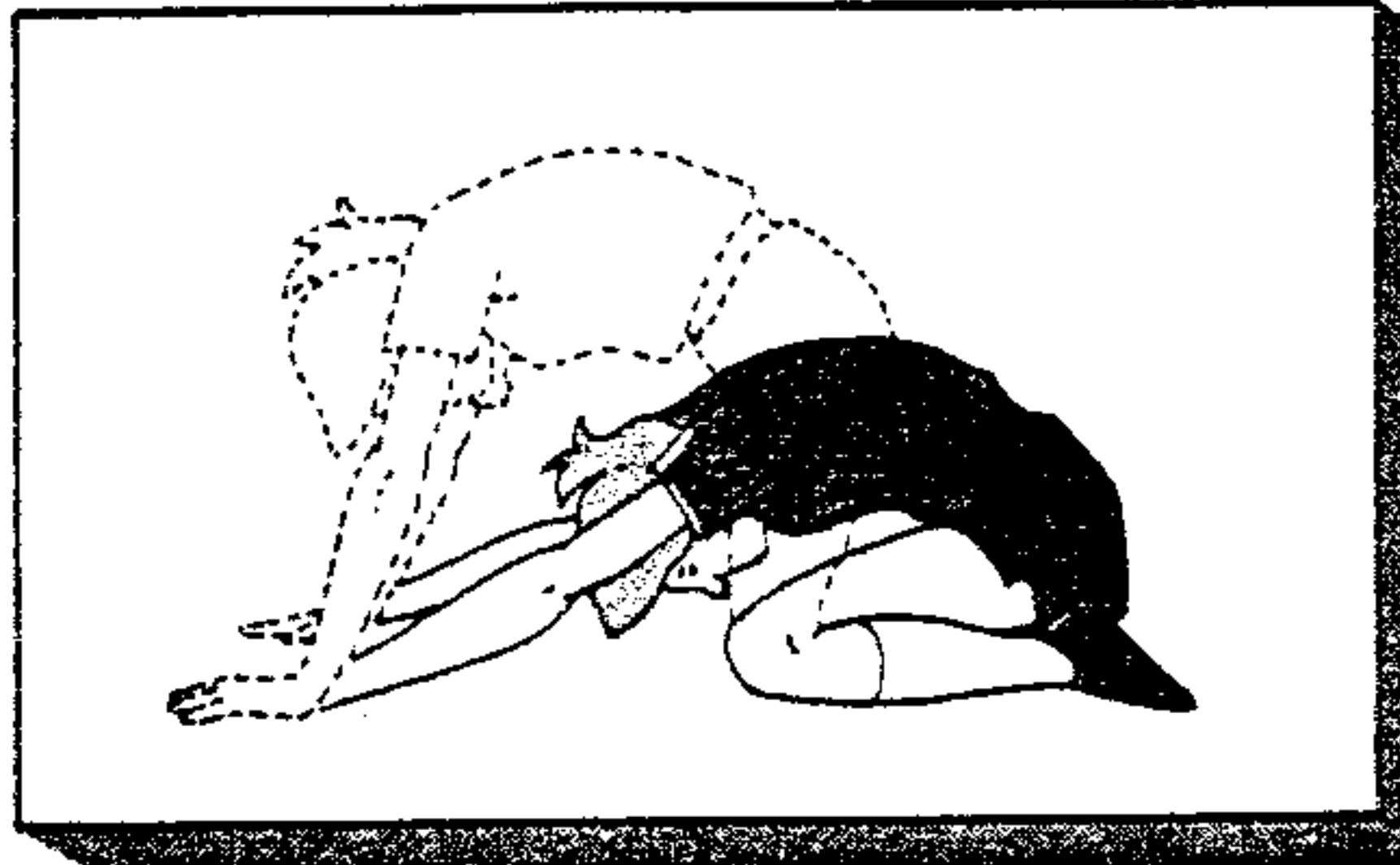
⑤ **Hamstring stretch.** From the same starting position as in the pelvic tilt, bring one knee to your chest and then straighten the leg, stretching the heel toward the ceiling. You should feel the stretch behind your knee. Bend the knee and return the leg to the starting position. Repeat with the other leg. **Hold stretch 10sec 3X**



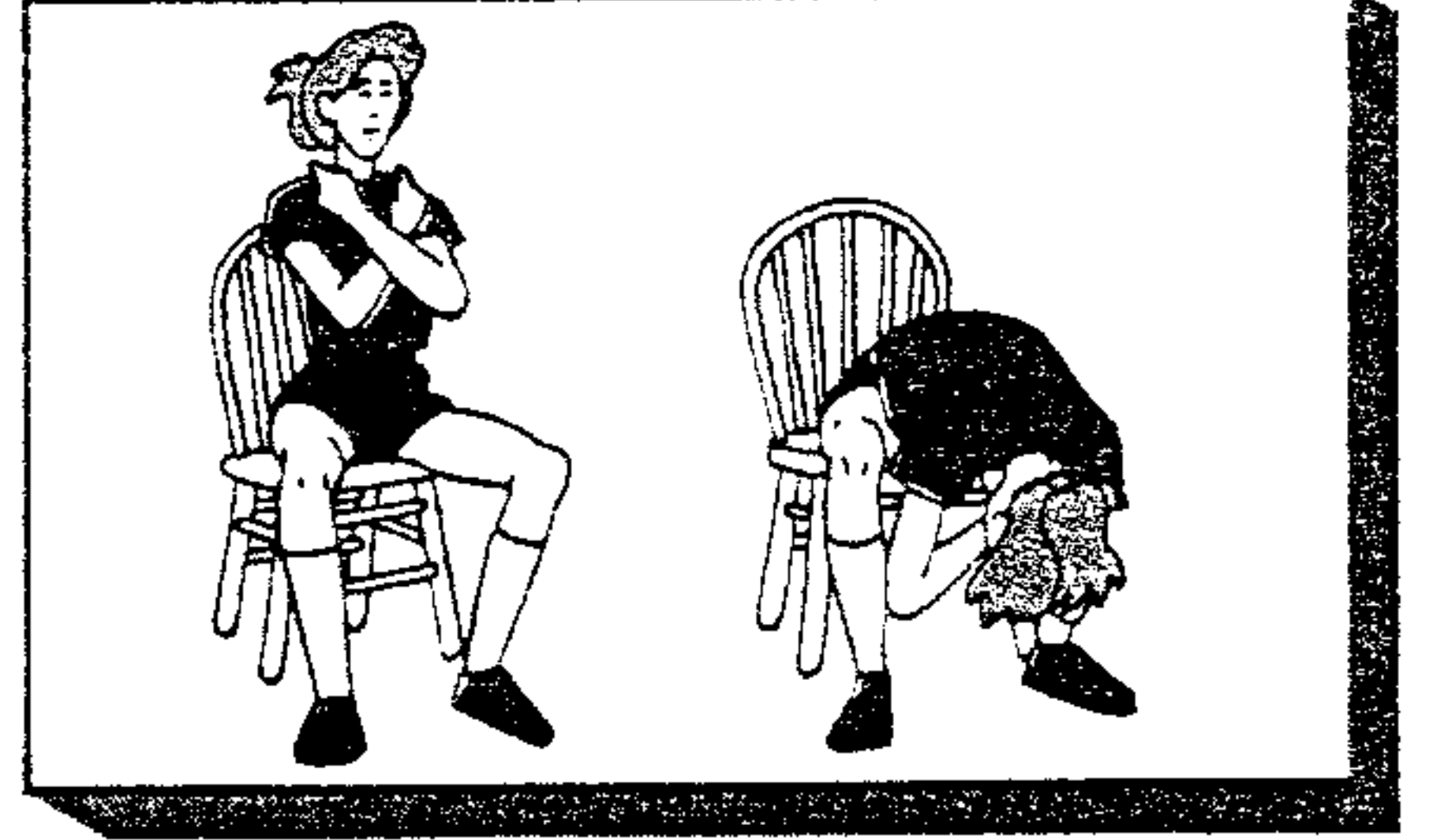
⑥ **Rotational sit-up.** Do the pelvic tilt and, while keeping your hips flat, rotate your upper body so that the weight rests on the left shoulder. Then, curl your head and shoulders upward, raising your right shoulder higher than the left. Hold briefly before returning to the starting position. Rotate your upper body to the right and repeat. **Begin 3X10**



⑦ **Cat and camel.** On your hands and knees, relax your abdomen and let your back sag. Then tighten your stomach muscles and arch your back. **Hold each position 3-5sec Repeat 10X**



⑧ **Trunk flexion, prone.** Starting on your hands and knees, tuck in your chin and arch your back, and then slowly sit back on your heels while lowering your shoulders to the floor. Relax. Return to the starting position, keeping stomach tight and back arched. **Hold 10sec Repeat 5X**



⑨ **Trunk flexion, seated.** Sitting near the edge of a chair, spread legs apart and cross arms over your chest. Be sure the chair will not slip backward or tip. Tuck your chin and slowly curl your trunk downward. Relax. Uncurl slowly into an upright position, raising your head last. **Begin 3X10**