

LOW BACK/LUMBAR EXERCISES

Exercise 1: Knee to Chest

Starting Position: Lie on your back on a table or firm surface with both knees bent.

Action: Clasp your hands behind the thigh and pull it towards your chest. Keep the opposite leg in the angled position. Maintain the position for 30 seconds. Switch legs and repeat.

Do Not Cause Pain. Repetitions _____ Times per Day _____



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Exercise 2: Pelvic Tilt

Starting Position: Lie on your back on a table or firm surface. Your feet are flat on the surface and the knees are bent.

Action: Push the small of your back into the floor. Push belly button to floor. Hold your back flat while breathing easily in and out. Hold for five seconds. Do not hold breath.

Do Not Cause Pain. Repetitions _____ Times per day _____



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Exercise 3: Hip Rolling

Starting Position: Lie on your back on a table or firm surface. Both knees bent, feet flat on the table.

Action: Cross your arms over your chest. Turn your head (trunk) to the right as you turn both knees to the left. Allow your knees to relax and go down without forcing. Bring knees back up, head to center reverse directions.

Do Not Cause Pain. Repetitions _____ Times per day _____



Exercise 4: Pelvic Lift

Starting Position: Lie on your back on a table or flat surface. Your feet are flat on the surface and your knees are bent. Keep your legs together.

Action: Tilt your pelvis and push your low back to the floor as in the previous exercise, then slowly lift your buttocks off the floor as far as possible without straining. Maintain this position for _____ seconds. Lower your buttocks to the floor Do not hold breath.

Do Not Cause Pain. Repetitions _____ Times per day _____



Peak Performance

Exercise 5: Cat and Camel

Starting Position: Kneel down on the floor and assume the "all-four's" position. Keep your head straight so that the gaze of your eyes is toward the floor.

Action: Slowly allow your trunk to sag as far as you can so that your back is arched Do not pull it down, but let it relax as you lift up your face towards the ceiling Then round your back up at the waist as far as you can by contracting your lower abdominal muscles as you lower the top of your head toward the floor. All motion should be initiated from your low back

Do Not Cause Pain. Repetitions _____ Times per day _____

