

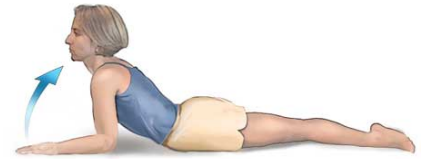
LOW BACK/LUMBAR EXERCISES II

Exercise 1: Press Up

Starting Position: Lie on your stomach on a mat. Place your hands, palms down, under your shoulders.

Action: Raise upper trunk off floor by raising up onto your forearms, raising your upper trunk off the floor. Keep your pelvis against the mat, allowing your lower back to arch. Hold for ____ seconds. Return to starting position and repeat.

Do Not Cause Pain. Repetitions _____ Times per day _____



Exercise 2: Lying Prone In Extension

Starting Position: Lie on your stomach on a mat with your weight on your forearms.

Action: Straighten arms, raise your upper trunk off the floor, keep your pelvis against mat. Stay in this position for about _____.

Do Not Cause Pain. Repetitions _____ Times per day _____



Exercise 3: Back Extension

Starting Position: Lie on your stomach on a ball. Place your arms near your ears so that your elbows are bent.

Action: Raise your head and shoulders off the ball as high as comfortably possible. Hold for ____ seconds. Lower the head and shoulders. Do not tense your shoulder muscles.

Do Not Cause Pain. Repetitions _____ Times per day _____



Exercise 4: Hip Extension

Starting Position: Assume the "all-four's" position.

Action: Raise opposite arm and leg in straight plane with spine. Hold for ____ seconds. Return to the starting position. Repeat, alternating legs.

Do Not Cause Pain. Repetitions _____ Times per day _____

