

LOW BACK PRESCRIPTION PAD

GENERAL DIRECTIONS

- The following exercises are a collection of exercises most commonly used with people with back problems.
- Your doctor and/or therapist will choose the exercises you are to perform.
- **THESE EXERCISES SHOULD BE DONE ONLY WITH THE APPROVAL AND SUPERVISION OF YOUR DOCTOR AND THERAPIST.**

1



Tilt hips toward head, pressing low back firmly to floor and tightening abdominals. Hold 2-3 seconds.

of times ____ Hold ____ sec.

2



Pull leg to bent position then follow motion shown. Complete all repetitions to one side.

of times ____ Hold ____ sec.

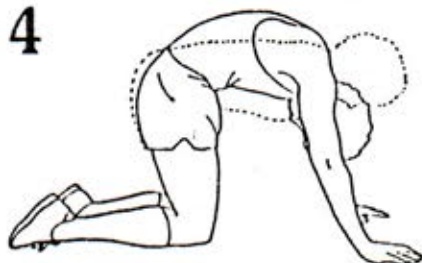
3



Tighten buttocks while pressing pelvis to floor.

of times ____ Hold ____ sec.

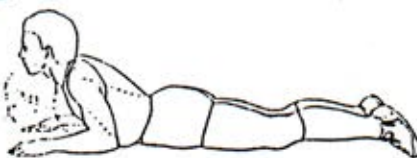
4



Arch entire back. Bring pelvis forward and chin to chest while tightening abdominals.

of times ____ Hold ____ sec.

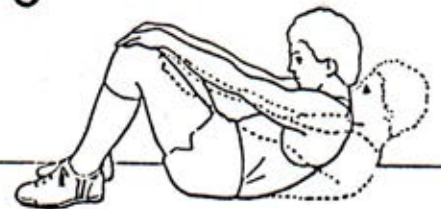
5



Press upper body upward to position shown, keeping pelvis on floor.

of times ____ Hold ____ sec.

6



Keeping low back flat on floor, curl upper body toward pelvis until hands cup kneecaps.

of times ____ Hold ____ sec.

7



Raise one hand and opposite leg six inches off floor for three seconds. Alternate sides.

of times ____ Hold ____ sec.

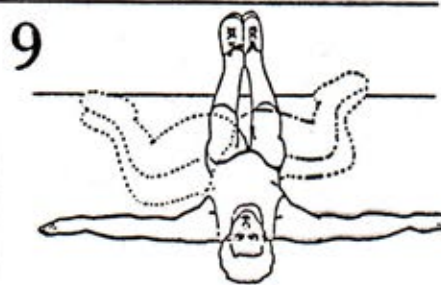
8



Tuck leg to chest, then drive leg back and up until it is straight and level with body.

of times ____ Hold ____ sec.

9



Keeping shoulders flat on floor, slowly rotate hips and legs from side to side.

of times ____ Hold ____ sec.

10



Keeping low back flat, bring each knee to chest for 30 seconds. Alternate legs.

of times ____ Hold ____ sec.

11



Keeping low back flat, bring knees to chest for one minute.

of times ____ Hold ____ sec.

12



Pull heel to buttocks while contracting abdominals. Stretches thigh.

of times ____ Hold ____ sec.