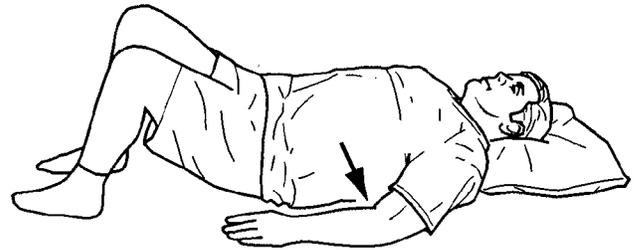


Exercises to Strengthen Your Back

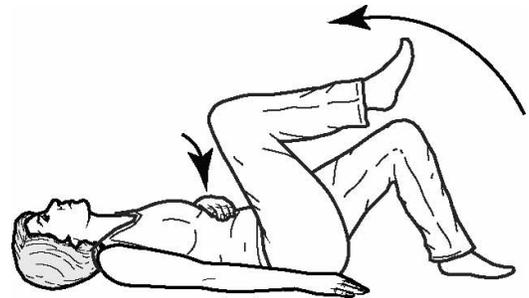
☐ Tighten tummy (Transverse abdominis)

1. Relax on your back with your knees bent. Breathe in and out.
2. Breathe out and pull your tummy in.
3. Breathe and hold your tummy in for 10 seconds.
4. Relax and then repeat 10 times.



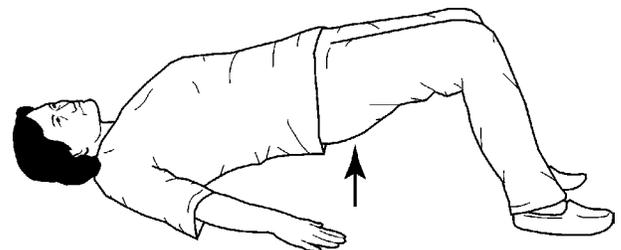
☐ Bent knee fall outs

1. Lie on your back with your knees bent. Breathe in and out.
2. Breathe out and tighten your tummy to support your back. You may want to rest your hand on your tummy to remind you to keep it pulled in.
3. Keep breathing, but keep your tummy tight and lift one leg with your knee bent, so your knee is facing the ceiling.
4. Lift the other leg slowly to the same position and hold for 5 to 10 seconds.
5. Then lower one foot to the floor and then the other.
6. Relax and repeat 10 times.



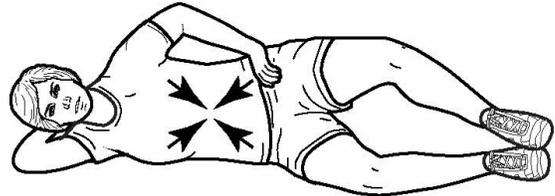
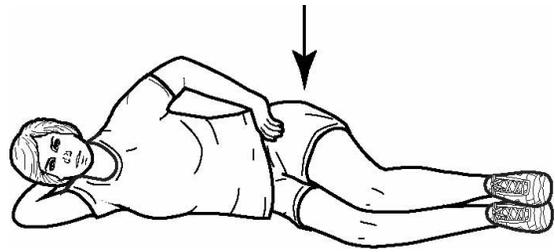
☐ Bridging

1. Lie on your back with your knees bent and arms at your sides. Breathe in and out.
2. Breathe out and tighten your tummy to support your back.
3. Keep breathing and keep your tummy tight and lift your buttocks off of the floor.
4. Hold and then lower your buttocks to the floor.
5. Repeat 10 times.



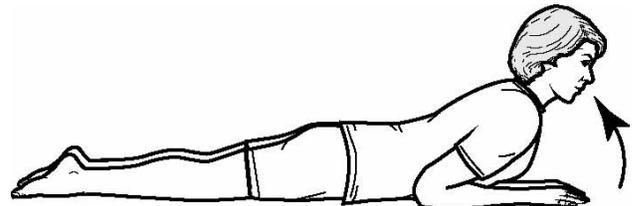
❑ Side clam (Hip abduction and external rotation on side)

1. Lie on your side with your hips, knees, and feet straight over each other, and your knees bent 45 to 60 degrees. Support your head with your arm.
2. Pull in your tummy and straighten your spine while you keep your breathing relaxed.
3. Keep your feet touching and slowly lift the top knee towards the ceiling. Do not let your hips roll back.
4. Hold for 5 to 10 seconds and then lower the leg.
5. Repeat 10 times. Then roll to the other side, and do this exercise again.



❑ Elbow press up (Lumbar extension)

1. Lie face down with your legs out straight behind you. Your arms should be at your sides with your elbows bent and your hands by your face.
2. Push up to your elbows, but keep your hips on the floor.
3. Hold and then lower back down.
4. Repeat 10 times.



❑ Wall slide (Quarter squat)

1. Stand with your back against the wall and your feet shoulder width apart.
2. Slide down the wall until your knees are bent 30 to 45 degrees. Do not bend your knee deep enough to cause pain.
3. Hold for 5 to 10 seconds and then straighten your knees to push you back up.
4. Relax and then repeat 10 times.

