Exercises for Your Back

Most back pain is due to a lack of exercise or an injury. These exercises will help you move better and strengthen the muscles that support your back. Do the exercises slowly. If you have pain while doing these exercises, stop doing the exercises and talk to your doctor or physical therapist.

Lie on your back on a firm surface, such as the floor or a mat. Repeat each exercise _______ times.

- **Pelvic tilt**
  Tighten your stomach and buttocks. Push your lower back towards the floor. Hold for 10 seconds then relax.

- **Knee to chest**
  Pull one knee toward your chest until you feel a light stretch in your lower back and buttocks. Hold for 10 seconds then put your foot back down. Repeat this with the other knee.

- **Double knee to chest**
  Slowly bring both knees to your chest. Hold for 5 seconds and keep your back relaxed and flat on the floor.

---

ढाडको व्यायाम
Exercises for Your Back

ढाडको प्राय:जस्तो दुःखार्यामको अभाव वा चोट लागाने हुने गर्दछ। यी व्यायामहरूले तपाईलाई बढी राम्री हिंड्रूल गर्न र तपाईको ढाडलाई अडो रिे माँसपेशीहरूलाई मजबूत गर्न सक्छ। व्यायाम बिस्तारमा गरुद्ध हुन्। यी व्यायामहरू गर्न तपाईलाई दुख्छ भने व्यायाम गर्न बन्द गरुद्ध हुन् र आफ्ना डक्टर र शारीरिक थेरापिस्टसका तल्लो सहयोग हुन्छ।

कडा सतह जस्तै भुईमा वा दरीमा उचाईमा पेट र भुईमा गरुद्ध हुन।
हुेक व्यायामलाई ____ पटक बोिहोऱ्याउनुहोस्।

- **पेलिस्किक टिल्ट**
  आफ्नो पेट र नितम्भलाई कडा पानुहोस्। आफ्नो ढाडको तल्लो हिसालाई भुईतै नै चेचनुहोस्। 10 सेकंडसम्म अडिनुहोस्।
  ल्यसपछिच आराम गनुहोस्।

- **घुँडा छाितमा**
  आफ्नो घुँडालाई छाितितिर ल्यसपछिचमा तासुहोस्। जतिविविवासम तपाईको ढाडको तल्लो हिसामा र नितम्भमा हल्का तल्किएको अनुभव गन्छ। 10 सेकंडसम्म त्यसै अईनुहोस्।
  अनि ल्यसपछिच आफ्नो खुंडालाई सोशो पानुहोस्। अको घुँडाका साथ पनि यस्तो दोहोऱ्याउनुहोस्।

- **दुवै घुँडा छाितिन्**
  दुवै घुँडालाई बिस्तारी आफ्नो छाितितिर ल्याउनुहोस्। 5 सेकंडका लागि त्यसै अडिनुहोस्।
  अनि आफ्नो ढाडलाई भुईमा आरामले सोशो राख्नुहोस्।
- **Curl up**
  Bend your knees. Fold your arms across your chest and raise your shoulders until they come off the floor. Then slowly return to the starting position.

- **Diagonal curl up**
  With your arms held forward, lift your shoulders off the floor. Bring your right shoulder toward your left knee. Return to the floor. Then bring your left shoulder to your right knee.

- **Hip rolls**
  With your knees together, roll your hips slowly from side to side. Keep your shoulders on the floor.

- **Bridge**
  Bend your knees and keep your feet flat on the floor. Lift your buttocks slowly up and then slowly return them to the floor.
- **Low back stretch**

  On your hands and knees, push your chest toward the floor, reaching forward as far as you can. Sit back on your feet.

- **Cat stretch**

  Start on your hands and knees. Tuck your chin in toward your chest and tighten your stomach muscles while arching your back.

- **Hamstring stretch**

  Lie on your back. Bend your hip and knee to 90 degrees. Then straighten your knee as far as possible. Repeat this exercise with the other leg.
Wall slide
Stand with your back against a wall and your feet about 12 inches or 30 centimeters from the wall. Bend your knees as you slowly lower your buttocks while sliding down the wall. Hold for 10 seconds.

Press ups
Lie on your stomach. Push up with your arms while keeping your back and stomach muscles relaxed. Keep a slight bend in your elbows.

Aerobic exercises are also needed to have a healthy back. Aerobic exercises such as walking or swimming should be done 3 to 4 times a week for 30 to 45 minutes. Talk to your doctor before beginning any form of exercise.