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.

- **Bone盆傾斜**
  收緊腹部和臀部。將腰部壓向地板。保持10秒再放鬆。

- **膝貼胸**
  將一側膝蓋拉向胸部，直到腰部與臀部感到輕微伸展。保持10秒再把腳放下。換另一側膝蓋重複動作。

- **雙膝貼胸**
  慢慢將雙膝拉向胸部。保持5秒，放鬆背部，平躺於地板。
[] **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.

[] **屈起**
雙膝彎曲。雙手交叉於胸前，抬起肩膀，直到離開地板。緩慢回到開始的姿勢。

[] **斜向屈起**
雙臂向前伸，肩膀抬離地板。將右肩靠向左膝。躺回地板。然後將左肩靠向右膝。

[] **髖部翻轉**
雙膝合攏，慢慢翻動髖部，從一側到另一側。保持雙肩緊貼地板。

[] **搭橋**
膝蓋彎曲，雙足平踩於地板。臀部慢慢抬起，然後慢慢回到地板。
- **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.

- **腰部伸展**
  雙手雙膝撐住身體，胸口下壓，盡可能下沉。回到跪坐姿。

- **貓式伸展**
  開始時雙手雙膝撐住身體。背部上拱，下巴縮向胸口，腹部肌肉收緊。

- **腿後肌伸展**
  仰臥。髖部及膝蓋彎曲呈直角。然後盡可能將膝蓋打直。換另一條腿重複動作。
- **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.