Low Back Exercises

Do all exercises _____ times in each exercise session. Schedule_____ exercise sessions each day.

Pelvic tilt

Lie on your back with your hands at your side and your knees bent. Tighten the muscles of your lower abdomen and your buttocks, to flatten your back against the floor. This is the pelvic tilt (flat back) position. Hold this position for a count of 10 while breathing normally. Relax and repeat the exercise.

Double knee to chest

Lie on your back. Bring both knees, one at a time, to your chest. With your hands clasped, pull your knees toward your chest and curl your head forward. Keep your knees together and your shoulders flat on the floor. Hold this position for the count of 10. Lower your legs one at a time. Relax and repeat the exercise.

腰部练习

每次练习期间各项练习进行_____次。每天安排_____次练习时间。

骨盆倾斜

仰面躺下，双手位于身体两侧，屈膝。收紧下腹和臀部肌肉，背部平躺在地面上。这是骨盆倾斜（平背）姿势。保持该姿势数到10，正常呼吸。放松并重复该练习。

仰卧抱膝

仰面躺下。依次将双膝抱至胸前。双手紧握双膝，向胸前拉动双膝，向前卷起头部。保持双膝并拢，肩膀平放在地。保持该姿势数到10。依次放下双腿。放松并重复该练习。
Progressive curl-down

Sit on the floor with your hips and knees bent and your feet and thighs apart. Ask someone to hold your feet down or hook them under something such as a sofa. Gradually and slowly sit back until you feel your abdominal muscles strain or quiver. Hold this position for a count of 6, then reach forward again and relax. Do this exercise until you can go all the way down to the floor.

Progressive curl-up

Lie on your back and keep the pelvic tilt position as in exercise #1. With your arms out, reach for your knees, while curling your head and clearing your shoulders off the floor. Gradually and slowly return to the starting position. Relax and repeat. Increase the degree of difficulty by crossing your arms in front of you. The most difficult is to put your hands behind your head.