

腰部练习

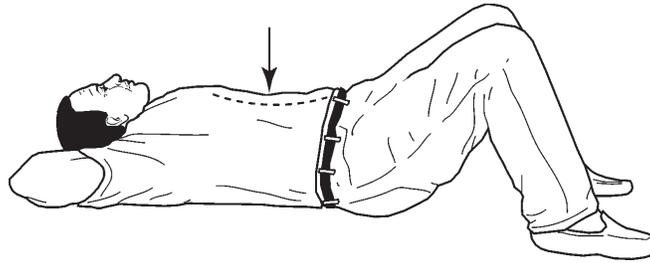
Low Back Exercises

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

每次练习期间各项练习进行_____次。每天安排_____次练习时间。

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.

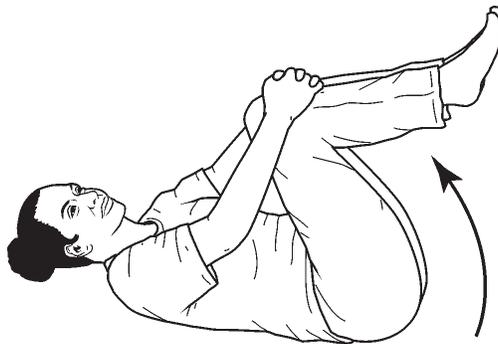


骨盆倾斜

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。

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.

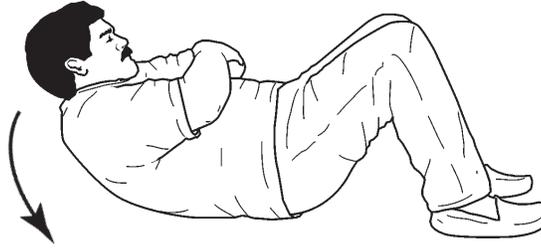


仰卧抱膝

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.

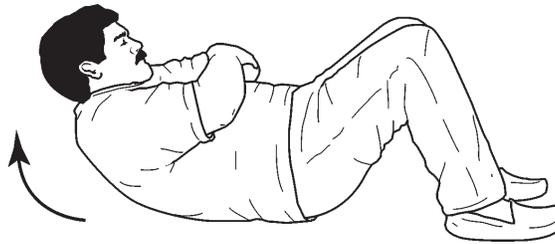


渐进后仰

坐在地上，臀部和双膝弯曲，双脚和大腿分开。请人按住您的双脚，或者将双脚勾在沙发等下方。逐渐缓慢往后坐，直到感觉腹部肌肉拉紧或颤抖。保持该姿势数到6，然后再向前伸，放松。完成此项练习，直到能顺利到达地面。

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.



渐进起身

仰面躺下，保持练习#1的骨盆倾斜姿势。伸出手臂，直到膝盖，卷起头部，双肩离地。逐渐缓慢回到起始位置。放松并重复动作。双臂交叉放在胸前，以增加难度。最困难的姿势是双手抱头。