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.

腰部練習

每節練習課完成所有練習_____次。每天排定_____節練習課。

骨盆傾斜

仰臥，雙手放在身側，屈膝。收緊下腹部與臀部的肌肉，讓背部平貼地板。這是骨盆傾斜（背部平貼）的姿勢。維持這個姿勢數到 10，並保持正常呼吸。放鬆，然後重複練習。

雙膝貼胸

仰臥。依次將兩邊膝蓋抱至胸部。雙手緊抱膝蓋，將膝蓋拉向胸前，頭向前捲起。雙膝併攏，肩膀平貼地板。維持這個姿勢數到 10。依次放下雙腿。放鬆，然後重複練習。
**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.