

LOWER BACK EXERCISES

Stretching

NAME _____ DATE _____

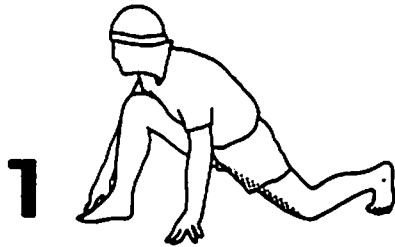
GENERAL INSTRUCTIONS

Do only those exercises taught you by your therapist.

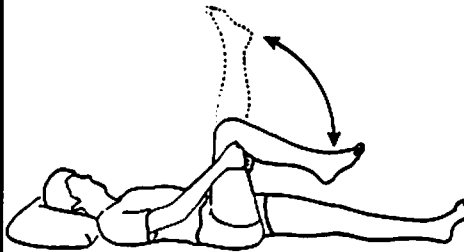
Exercise twice daily for three weeks.

Repetitions: Week 1-- 6 each, Week 2 -- 8 each, Week 3 -- 10 each

Psoas: Move one leg forward until the knee of the forward leg is directly over the ankle. Your other knee should be resting on the floor. Without changing the position of the knee on the floor or the forward foot, lower the front of your hip downward. Stretch.



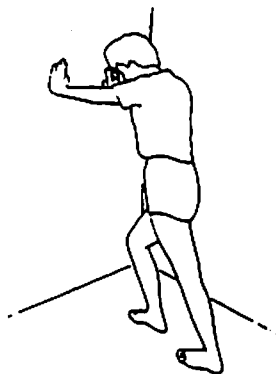
Hamstrings: Lie on your back. Grasp one knee from behind with both hands, and pull it toward your chest. Straighten the leg to the point of tightness.



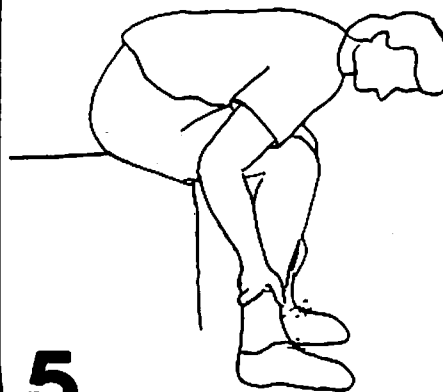
Quadriceps: Stand up straight near something you can use for support. Reach back and grab your foot or ankle. Bend your knee to bring your heel up toward your buttocks.



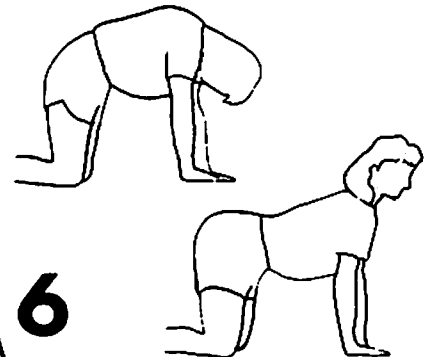
Soleus: Face a wall, about two paces away. Place your hands against the wall. Step forward with one leg, keeping your heels flat on the floor. Lean your hips toward the wall while keeping the back leg straight to stretch your calf.



Erector spinae: Sit down. Bend forward and reach down to grasp the middle of your calves with both hands.



Erector spinae: Cat Stretch. Get on your hands and knees. Put your hands under your shoulders and your knees under your hips. Let your head hang down. Pull your stomach in and arch your back. Hold. Slowly let your back sag and raise your head up.



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EXERCISE GUIDELINES

- Exhale on exertion. ● Hold position for 10 seconds, then relax.
- Pulling, aching, and throbbing feelings are to be expected while doing the exercises.
- Feeling tired, weak or sore for the first week of exercises is possible.
- Stop exercising if you experience sharp or stabbing pain, radiating pain, nausea or dizziness.