

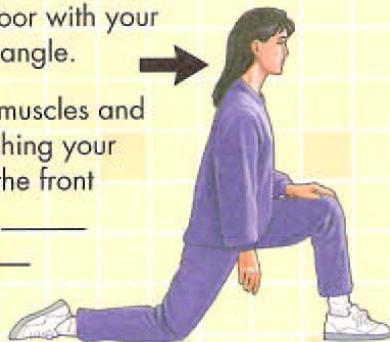
BACK

Exercises

These exercises are designed to stretch and strengthen your back. Read through all instructions before beginning an exercise. Breathe normally and don't bounce. If you feel any pain, stop the exercise immediately and inform your health care provider.

HIP FLEXOR STRETCH

- 1 Kneel on the floor. Raise one knee and put that foot flat on the floor with your leg bent at a 90-degree angle.
- 2 Tighten your abdominal muscles and lean forward without arching your back. Feel the stretch in the front of your thigh. **Hold for _____ seconds. Repeat _____ times,** then switch sides.

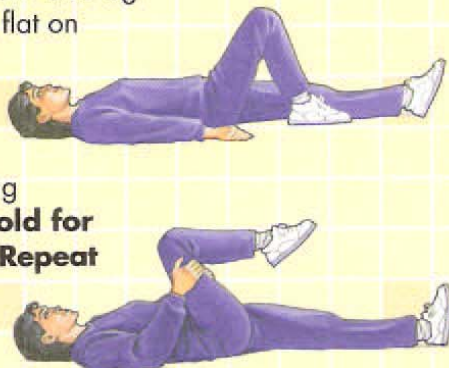


CAUTION

- Keep your back and neck straight.
- Look straight ahead.

KNEE-TO-CHEST STRETCH

- 1 Lie on your back with one leg bent and that foot flat on the floor.
- 2 Grasp your thigh behind the bent knee, slowly pulling it to your chest. **Hold for _____ seconds. Repeat _____ times,** then switch sides.



CAUTION

- Keep your head on the floor.
- Keep your straight leg flat on the floor.

HAMSTRING STRETCH

- 1 Lie on your back with your buttocks close to a doorway. Extend your legs straight on the floor.
- 2 Raise one leg and rest it against the doorway. Feel the stretch in the back of your thigh. **Hold for _____ seconds. Repeat _____ times,** then switch sides.

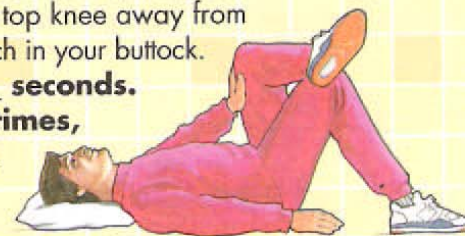
CAUTION

- Use a pillow to keep your neck from arching.



HIP ROTATOR STRETCH

- 1 Lie on your back with your knees bent and one ankle resting on the opposite knee. Place your other foot flat on the floor or against the wall.
- 2 Gently push your top knee away from you. Feel the stretch in your buttock. **Hold for _____ seconds. Repeat _____ times,** then switch sides.



CAUTION

- Use a pillow to keep your neck from arching.
- Keep your back flat on the floor.

QUADRICEPS STRETCH

- 1 Position yourself an arm's length from a wall. Look straight ahead.
- 2 Place one hand against the wall. With your other hand, grasp the ankle of the foot on the same side.
- 3 When you feel the stretch in your thigh, **hold for _____ seconds. Repeat _____ times,** then switch sides.



CAUTION

- Don't arch your back.
- Don't twist your back to reach your leg.

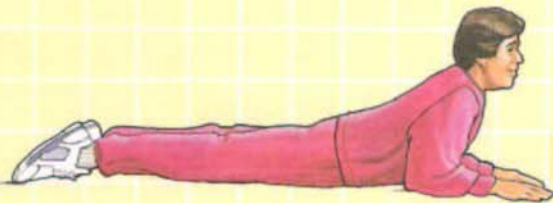
This information is not intended as a substitute for professional health care. Check with your health care provider before beginning an exercise program.

©1996 by Krames Communications, 1100 Grundy Lane, San Bruno, CA 94066-3030. (800) 333-3032. All rights reserved.

It is a violation of United States copyright laws to reproduce any portion of this publication in any form or by any means without written permission from the publisher.

PRONE PRESS-UP

- 1 Lie on your stomach with your feet slightly apart. Rest your forehead on the floor. Relax your stomach and back muscles.
- 2 Keeping your neck straight, push yourself up on your forearms. **Hold for _____ seconds**, then slowly lie back down. **Repeat _____ times.**



CAUTION

- Keep your stomach and hips on the floor.
- Don't arch your neck.

PARTIAL CURL-UP

- 1 Lie on your back with both knees bent, your feet flat on the floor, and your hands crossed over your chest.
- 2 Looking at the ceiling, tighten your stomach muscles and slowly lift your shoulder blades off the floor—no higher than 30 degrees. **Hold for _____ second** then slowly lie back down. **Repeat _____ times.**



Less than 30 degrees

CAUTION

- Don't pull up with your neck.
- Keep your arms relaxed.

THE BRIDGE

- 1 Lie on the floor with your back flat, palms flat on the floor, knees bent, and feet flat on the floor.
- 2 Tighten your stomach and buttock muscles. Slowly lift your buttocks off the floor until there's a straight line from your knees to your shoulders. **Hold for _____ seconds. Repeat _____ times.**



CAUTION

- Use a pillow to keep your neck from arching.
- Don't raise your upper back off the floor.

WALL SLIDE

- 1 Stand with your back and head against a wall, looking straight ahead. Keep your feet 6–12 inches away from the wall and shoulder width apart. Relax your shoulders and tighten your stomach muscles.
- 2 Slowly sink straight down until you feel a stretch in the front of your thighs. **Hold for _____ seconds**, then slowly slide back up. **Repeat _____ times.**



CAUTION

- Keep your head against the wall.
- Don't let your buttocks sink below your knees.