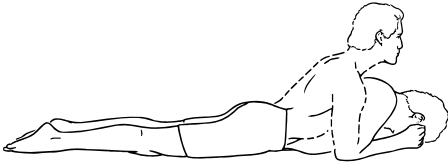


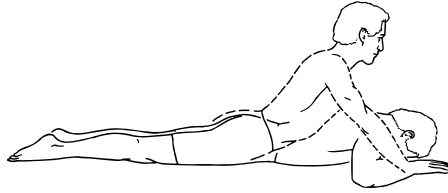
Back Exercise Home Program

BACK - 1 On Elbows (Prone)



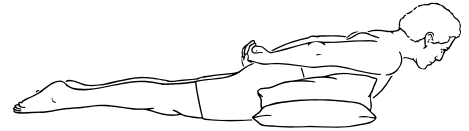
Rise up on elbows as high as possible, keeping hips on floor. Hold 20-30 seconds.
Repeat 8-10 times per set. Do 1-3 sets per session.
Do 2-3 sessions per day.

BACK - 2 Press-Up



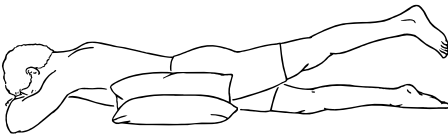
Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 20-30 seconds.
Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-3 sessions per day.

BACK - 3 Upper Body Extension



With pillow supporting abdomen, clasp hands behind back and lift upper body from floor. Keep chin tucked while lifting.
Repeat 8-10 times per set. Do 1-3 sets per session.
Do 1-3 sessions per day.

BACK - 4 Hip Extension (Prone)



Lift left leg 6-8 inches from floor, keeping knee locked.
Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-2 sessions per day.

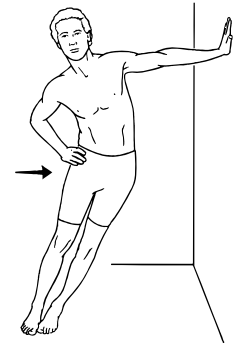
BACK - 5 Arm / Leg Lift: Opposite (Prone)



Lift right leg and opposite arm 8-10 inches from floor, keeping knee locked.
Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-3 sessions per day.

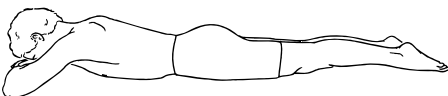
BACK - 6 Wall Lean Stretch

With left hand against wall, slowly stretch hips toward wall, other arm supporting trunk. Hold _____ seconds. Relax.



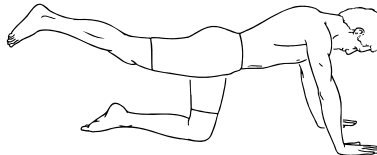
Repeat 8-10 times per set.
Do 2-3 sets per session.
Do 1-2 sessions per day.

BACK - 7 Gluteal Sets



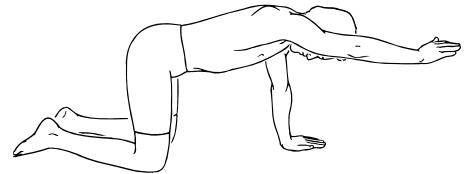
Tighten buttocks while pressing pelvis to floor. Hold 20-30 seconds.
Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-2 sessions per day.

BACK - 8 Hip Extension (All-Fours)



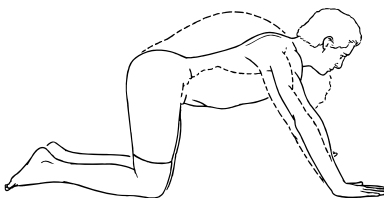
Lift right leg back with knee slightly flexed. Do not arch neck or back.
Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-3 sessions per day.

BACK - 9 Upper Body Extension (All-Fours)



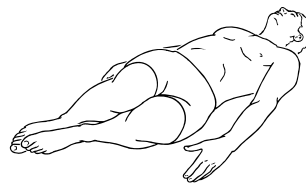
Raise right arm in front. Do not arch neck. Be sure to keep back flat.
Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-2 sessions per day.

BACK - 14 Angry Cat Stretch



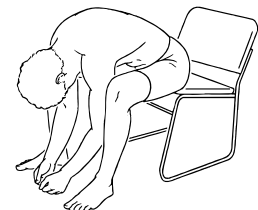
Tuck chin and tighten stomach, arching back.
Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-2 sessions per day.

BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to left side. Hold 20-30 seconds.
Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-2 sessions per day.

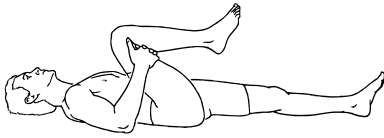
BACK - 17 Lower Back Stretch (Sitting)



Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back. Hold 20-30 seconds.
Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-2 sessions per day.

Back Exercise Home Program

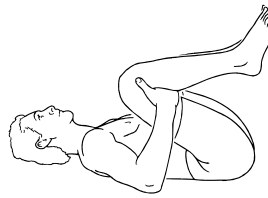
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 20-30 seconds.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

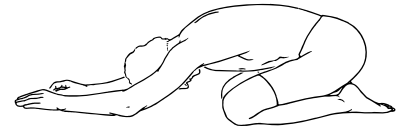
BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 20-30 seconds.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

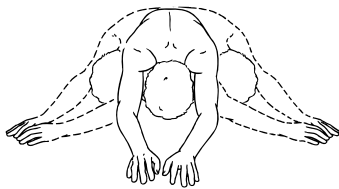
BACK - 20 Mid-Back Stretch



Push chest toward floor, reaching forward as far as possible. Hold 20-30 seconds.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

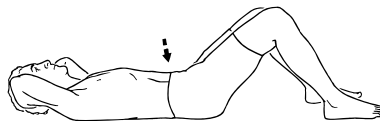
BACK - 21 Mid-Back Rotation Stretch



Reach to each side as far as possible, keeping chest low to floor. Hold 20-30 seconds.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

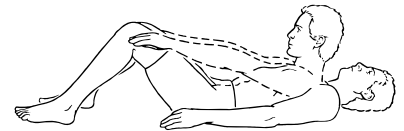
BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

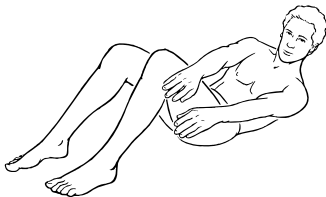
BACK - 23 Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

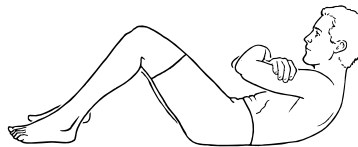
BACK - 24 Diagonal Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders, rotating to left side as shoulder blades clear floor.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

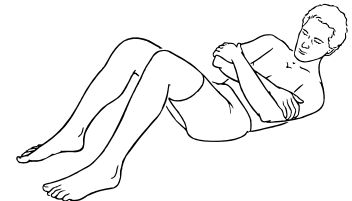
BACK - 25 Curl-Up: Phase 2



Keeping arms folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

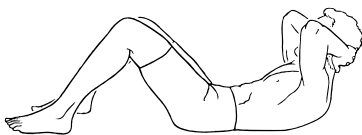
BACK - 26 Diagonal Curl-Up: Phase 2



Keeping arms folded across chest, tilt pelvis to flatten back. Lift head and shoulders from floor while rotating to left side.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

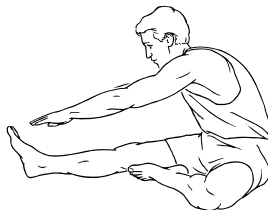
BACK - 27 Curl-Up: Phase 3



Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders from surface.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

BACK - 33 Hamstring Stretch

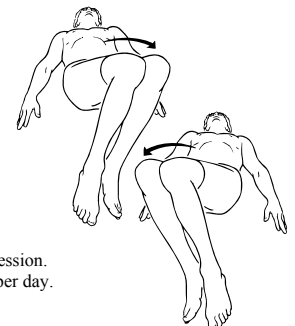


Reach down along right leg until a comfortable stretch is felt in back of thigh. Be sure to keep knee straight. Hold 20-30 seconds.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-3 sessions per day.

BACK - 35 Lumbar Rotation (Non-Weight Bearing)

Feet on floor, slowly rock knees from side to side in small, pain-free range of motion. Allow lower back to rotate slightly.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.