

# Regular exercises to restore the strength of your back

## Ankle pumps

(Lie on your back and move ankles up and down. Repeat 10 times for both legs.)

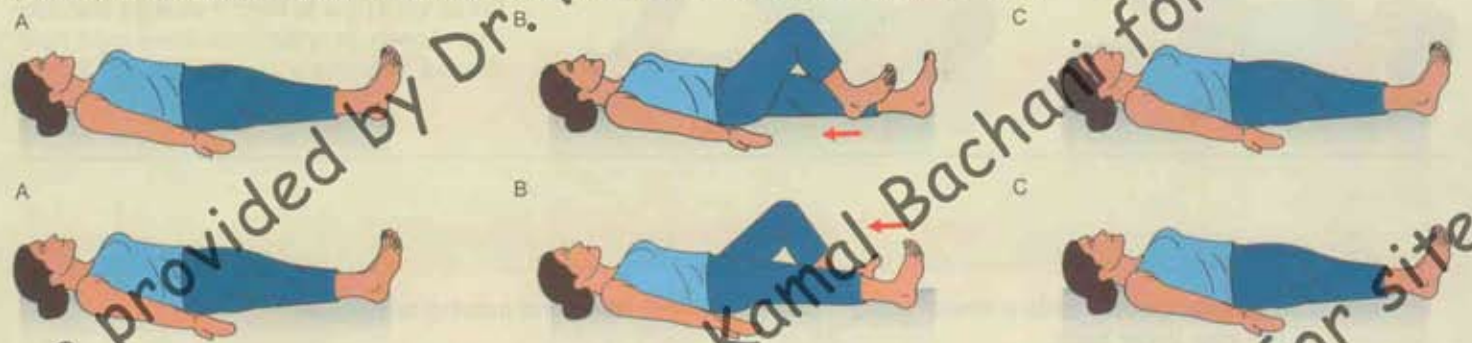


## Abdominal contraction

Lie on your back with knees bent and hands resting below ribs. Tighten abdominal muscles to squeeze ribs down toward back for 5 seconds. Do not hold breath. Relax. Repeat 10 times.

## Heel slides

(Lie on your back and slowly bend and then straighten knee. Repeat 10 times for both legs.)



## Straight leg raises

(Lie on your back with one leg straight and one knee bent. Slowly lift straight leg up 6-12 inches and hold for 1-5 seconds. Lower leg slowly. Repeat 10 times for both legs.)



## Knee-to-chest stretch

(Lie on your back with your knees bent. Using both hands, pull up one knee and press it to your chest. Hold and return to the starting position and repeat with the opposite leg and then with both legs. Repeat 5 times on each side and with both legs.)





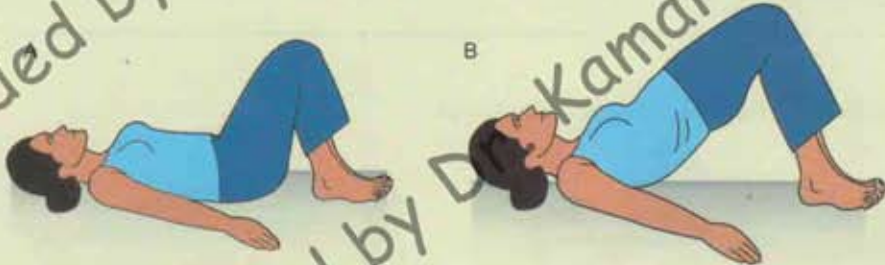
### Lower back rotational stretch

(Lie on your back with your knees bent. Keeping your shoulders firmly on the floor, roll your bent knees to one side. Hold and return to the starting position. Repeat on the opposite side. Repeat 5 times on each side.)



### Lower back flexibility exercise

(Lie on your back with your knees bent. Arch your back and hold, then relax. Flatten your back, pulling your belly button toward the floor. Hold and then relax. Repeat 5 times.)



### Bridge exercise

(Lie on your back with your knees bent. Raise your hips to form a straight line from your knees to your shoulders and hold. Repeat 5 times.)

## TIPS TO PREVENT BACK PAIN

Don't slouch; poor posture puts a strain on your lower back.



Use the correct lifting and moving techniques.



Maintain proper body weight



Wear flat / low heel shoes.



Push rather than pull heavy objects.

References: 1) www.mayoclinic.com 2) American Academy of Orthopaedic Surgeons

**Consult your doctor/physical therapist before doing these exercises**



Wear comfortable, loose clothes. Hold in the position for 3-5 seconds, repeat 5 times on both sides. Always do the exercises in the order marked by your doctor.

### Exercises for Acute Stage <sup>(1)</sup>

1. Pull right knee towards chest firmly and at the same time straighten left leg.



2. Lie on the floor, knees bent, feet flat on floor, palms down and raise lower back and buttocks.



3. Lie on the floor, knees bent, feet flat on floor, palms down. Push lower back flat against the floor.



### Exercises for Sub-acute/recovery stage <sup>(1)</sup>

1. Lie on the floor with knees bent, feet on floor, bring both knees to chest and clasp hands around knees.



2. Lie flat on back, palms down. Slowly raise left leg, bringing raised leg towards opposite side of the body until you feel the stretch.



3. Lie on back, knees bent with feet on floor, palms down. Raise left leg up as far as comfortable without overstretching muscles behind the leg.



4. Stand with hands against wall, left leg approximately 18 inches behind right foot, keep heel flat on floor and left knee straight. Slowly bend forward until you feel stretch behind the calf.



### Calcium-Rich Diet for Lower Back Pain <sup>(2,3)</sup>



Milk



Leafy greens



Almonds



Sesame



Coffee



Alcohol



Soft drinks



Smoking



# Live Active

Follow these simple exercises

## EXERCISES FOR YOUR BACK

### Wall Slides

Stand with back leaning against a wall. Bring your feet one foot forward to the wall. Keep abdominal muscles tight while slowly bending both knees. Hold for a few seconds and slowly return to the original position. Repeat this 10 times.

### Standing Arch

Stand with your feet apart and hands on your back with fingers pointing backwards. Bend backwards at the waist, supporting the trunk with your hands. Keep your knees straight. Hold for a count of 5. Repeat this 10 times.

### Hamstring Stretch

Lie on your back with your legs up and put your hands around the upper leg for support. Slowly straighten the raised knee until you feel a stretch in the back of the upper leg. Hold for a count of 5 and then return to the original position. Repeat with alternate legs.

### Double Knee to Chest

Grasp both your knees with your hands and pull them towards your chest. Hold for a few seconds and relax. Let your knees return but keep them bent at arm's length. Repeat this 10 times.

### Hip Rolling

Lie on your back on a firm surface. Keep both your knees bent, feet flat on the surface. Cross your arms over your chest. Turn your head to one direction while turning both your knees to the opposite direction. Return to the original position and relax. Now repeat in the reverse direction. Repeat with alternate sides.

### Press Ups

Lie on your stomach with your back and hips relaxed. Use your arms to press up. Concentrate on keeping your hips down and push up your upper body as high as possible.

### Heel Raises

Stand on your feet balancing yourself. Holding onto a support slowly raise your body up on your toes and hold for a count of 5. Then, slowly return to the original position. Repeat this 10 times.

### Straight Leg Raises

Lie on your back with one leg straight and one knee bent. Tighten abdominal muscles to stabilize low back. Slowly lift one leg straight up about 6 to 12 inches and hold for a count of 5, slowly return to the original position. Repeat this 10 times.

### Single Knee to Chest

Lie on your back with both knees bent. Hold your thigh behind knee and bring one knee up to chest. Hold for a few seconds. Relax. Repeat with alternate legs.

### Pelvic Tilt

Lie on your back on a firm surface. Keep your feet flat on the surface and knees bent. Push your back into the floor by pulling the lower abdominal muscles up and in. Hold your back flat while breathing easily in and out. Hold for a count of five. Do not hold breath.

### Cat and Camel

Kneel down on the floor in an all four position on your hands and knees. Curl your back up toward the ceiling like a cat. Hold for a count of five. Return to starting position. Pull your stomach down to the floor hollowing out your back. Hold for a count of five. Return to starting position. Repeat ten times.

### Back Extension

Lie on your stomach on a mat. Place your arms at your sides so that your hands are by your hips. Raise your head and shoulders off the mat as high as comfortably possible. Hold for a few seconds. Lower the head and shoulders. Do not tense your shoulder muscles. Repeat for few times and relax.

### Do's

- Bend your knees as you lift. Make your legs do the hard work, not your back.
- Sit with a rolled up towel or some other support behind your lower back.
- Have your work surface at a comfortable height

### Don'ts

- Don't lift objects away from your body with your arms outstretched.
- Don't lift objects that are too heavy for you.
- Don't slouch in your chair.