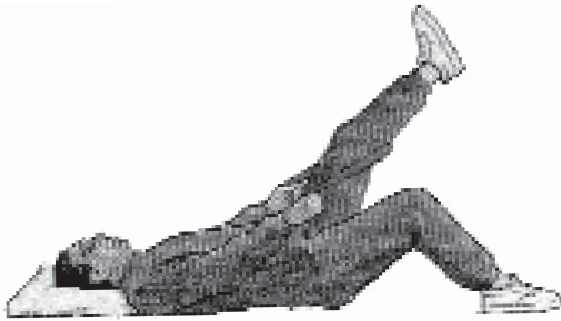


Back Exercises

These exercises are designed to stretch and strengthen your back. Before beginning an exercise, read through all its instructions. While exercising, breathe normally and use smooth movements. If you feel any pain, stop the exercise. If pain persists, inform your healthcare provider.

Repeat these exercises ten times each twice a day.



Hamstring Stretch

- 1 Lie on your back, keeping both knees slightly bent. Raise your left leg off the floor as far as you comfortably can. Wrap a towel behind your left knee or calf.
- 2 Grasp both ends of the towel. Keeping your leg fairly straight, slowly pulling it toward your chest. Feel the stretch in the back of the leg. Return to starting position.

Caution:

- Use a pillow to keep your neck from arching.
- Keep the supporting leg bent and the foot flat on the floor.

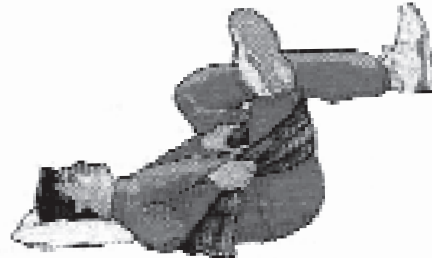


Knee to Chest Stretch

- 1 Lie on your back with your knees bent. Keep your feet on the floor.
- 2 Grasp the back of your right thigh. Slowly pull the knee toward your chest. Feel the stretch in your buttock. Be sure to keep your left foot on the floor. Return to starting position.

Caution:

- Use a pillow to keep your neck from arching.

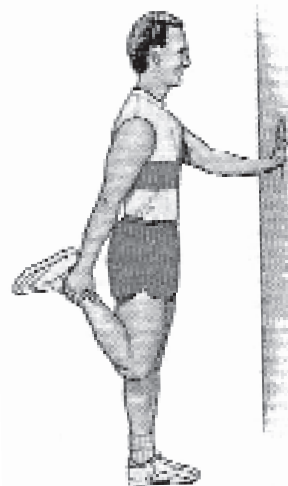


Hip Rotator Stretch

- 1 Lie on your back with your knees bent. Rest your left ankle on your right knee.
- 2 Wrap a towel behind your right thigh. Grasp both ends of the towel. Gently pull your right knee toward your chest. Feel the stretch in your left buttock.

Caution:

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



Quadriceps Stretch

- 1 Stand an arm's length from a wall. Look straight ahead.
- 2 Place your left hand against the wall. Grasp your right ankle with your right hand. Gently pull straight up.

Caution:

- Do not arch your back.
- Do not twist your back to reach your leg.



Prone Press-Up

- 1 Line on your stomach with your feet slightly apart. Rest your forehead on the floor. Relax your stomach, back and leg muscles.
- 2 Push yourself up on your forearms, keeping your neck straight. Stop when you feel light pressure in your lower back. Hold and then slowly lie back down.

Caution:

- Keep your stomach and hips on the floor.
- Keep your chin tucked. Do not arch your neck.

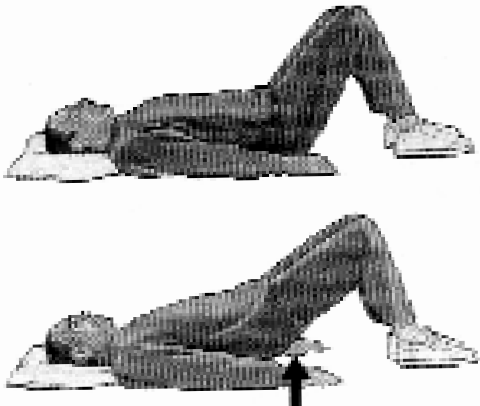


Partial Curl-Up

- 1 Lie on your back with knees bent, feet flat on the floor. Cross your hands over your chest.
- 2 Pull in and tighten your stomach muscles. Slowly lift your shoulder blades until they start to come off the floor. Hold while breathing normally. Then slowly lower yourself back down.

Caution:

- Do not pull up with your neck.
- Keep your arms relaxed.



The Bridge

- 1 Lie on the floor with your back flat and knees bent. Keep your feet and palms flat on the floor.
- 2 Pull in and tighten your stomach muscles. Tighten your buttocks and slowly lift your hips off the floor. Raise your hips only high enough to straighten your lower back.

Caution:

- Use a pillow to keep your neck from arching.
- Do not arch your back.



Wall Slide

- 1 Stand with your back and head against a wall. Look straight ahead. Keep your feet shoulder-width apart and at least 12 inches from the wall. Relax your shoulders and tighten your stomach muscles.
- 2 Slowly slide straight down until you feel a stretch in the front of your thighs. Hold and then slowly slide back up.

Caution:

- Do not let your buttocks sink below your knees.
- Look straight ahead and breathe normally.