

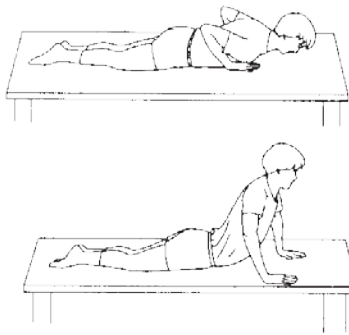
Lumbar Spine – Back Care Home Exercise Program

Exercise is important to regain or maintain flexibility and strength of the muscles which support your back to help prevent injuries. Although doing all of these exercises won't hurt you, concentrate on those that are checked.

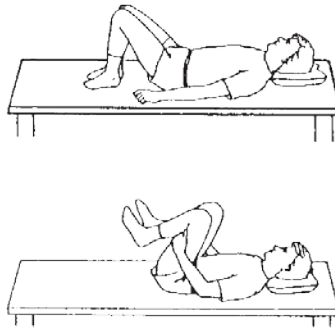
Flexibility

Stretching exercises should be done slowly without bouncing. Stretch to where you feel a slight, easy stretch.

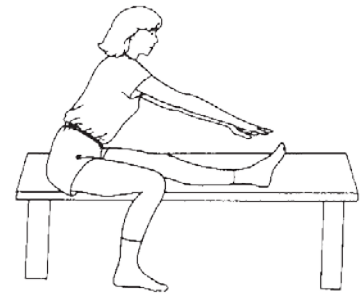
- Trunk Extension – Press Up** Lie on stomach, hands next to shoulders. Straighten arms, raising chest up. Keep waistline on mat. Hold 3 to 5 counts. Repeat 10 times.



- Trunk Flexion – Double Knee to Chest** Lie on back, knees bent and feet flat. Raise knees to chest, holding back of thighs with hands. Hold 3 to 5 counts. Repeat 10 times.



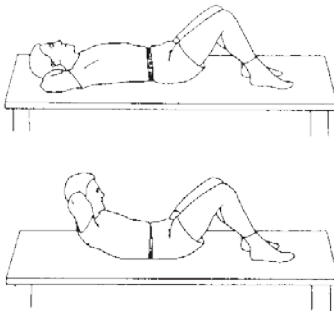
- Knee Flexion – Stretching** Sit with right leg off bench or table. Lean forward, reaching for toes. Keep back straight. Stretch is felt in back of thigh. Hold 30 to 60 counts. Repeat to opposite side; hold. Repeat 2 to 3 times.



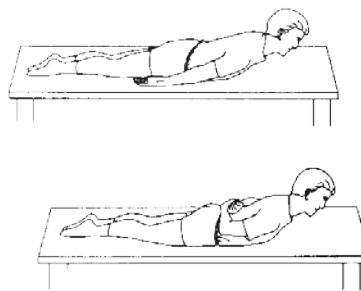
Strengthening

Strengthening should be done slowly without jerking, holding each repetition approximately 3 to 5 seconds. Start with 10 repetitions and increase to 30 as the exercise becomes easier.

- Trunk Flexion – Partial Sit-Up** Lie on back, knees bent and feet flat. Hands behind back. Curl head and chest. Raise shoulder blades only. Do not bring elbows together or let feet rise up.



- Trunk Extension – Active** Lie on stomach, arms at sides. Tuck in chin. Lift head and chest up. Progress to performing with hands on lower back.



- Knee Extension – Active** Stand with back against wall. Slide bottom down until knees are bent halfway. Hold 15 to 30 counts. Repeat 2 to 3 times.

