Low Back Strengthening

Complete __ sets of __ repetitions __ times a day.

*Lie on back, knees bent. *Tighten back muscles, arching low back off mat.

*Lie on back, knees bent. *Tighten abdominal muscles and press low back down into mat.

*Lie on back, knees bent, arm at side. *Lift head and shoulders off floor, toward knees. *Keep low back in contact with mat.

*Lie on back, knees bent, arm over chest. *Lift head and shoulders off floor, toward knees. *Keep low back in contact with mat.

*Lie on back with arms at side. *Keeping knees straight, tighten abdominal muscles, and lifting feet about 6 inches from mat.

*Start in 4 point kneeling. *Lift one leg up, keeping knee bent.

*Start in 4 point kneeling. *Extend right leg while lifting left arm. *Reverse position, and repeat.

*Start in 4 point kneeling, back in neutral. *Round back upward, one segment at a time. *Reverse back, one segment at a time, keeping neck neutral.

*Lie face down. *Raise both legs upwards, as shown.

*Lie face down, arms outstretched overhead as shown. *Raise arm and opposite leg off mat. *Alternate arm and leg and repeat.

*Lie face down with hips at edge of surface. *Position lower legs under pads. *With arms behind back, slowly lower and return back to starting position.

*Attach elastic to secure object, with chair facing opposite way. *Holding elastic, rotate upper body forward and away from elastic.

*Lie back on padded bar, arms across chest. *Push back against bar, straightening trunk.

*Place chest on padded bar, arms across chest. *Push forward against bar, bending at the waist.

*Secure elastic at floor level. *With elastic in both hands, bend at hip, keeping back in neutral. *Pull upward and across as shown.

*Secure elastic above head. *With elastic in both hands, bend at hip, keeping back neutral. *Pull downward and across as shown.