

Exercises: Back Stretches



1

Supine Hamstring Stretch: Lie on your back, starting with both knees bent. Wrap a rope or towel around one foot. While holding both ends of the towel, slowly lift one leg off the surface until a stretch is felt in the back of the leg while keeping the knee straight. Hold 20 seconds. Return to the starting position. Repeat 3 times on each side. Perform 2 times per day.



2

Knee to Chest: Lie on your back with both knees bent. Grab behind one knee and gently pull the knee towards your chest until a comfortable stretch is felt in the lower back. Hold 20 seconds then return to starting position. Repeat 3 times on each side. Perform 2 times per day.



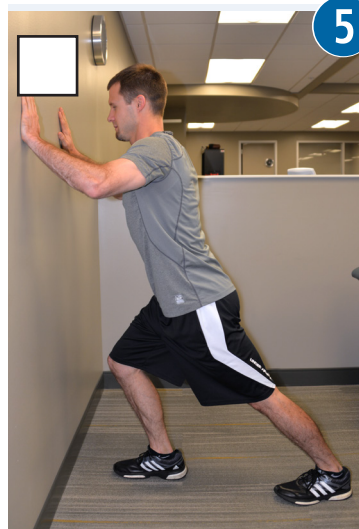
4

Prone Quadriceps Stretch: Lie on your stomach. Put a rope, sheet or belt around one of your feet and pull your heel toward your buttock until you feel a stretch in the front of the thigh. Hold 20 seconds then return to the starting position. Repeat 3 times on each side. Perform this exercise 2 times per day.



3

Piriformis Stretch: Lie on your back with both knees bent. Place your right ankle on your left knee and pull your right knee towards your left shoulder. Keep your back flat, do not twist your back or let your left knee fall to either side. Hold 20 seconds then return to the starting position. Repeat 3 times on each side. Perform 2 times per day.



5

Calf Stretch: Stand facing a wall. Keep back leg straight with heel on floor and foot facing forward. Bend front knee slightly and lean into wall until a stretch is felt in the calf. It is important to keep the back heel on the floor throughout entire stretch. Hold 20 seconds. Return to starting position. Repeat 3 times on each side. Perform 2 times per day.



Exercises: Back Strengthening



1 Transverse Abdominal Contraction: Lie on your back with both knees bent, feet flat. Tighten abdominal muscles by pulling your belly button towards your spine. Hold 10 seconds and relax. Repeat 10 times. Perform 2 times per day.



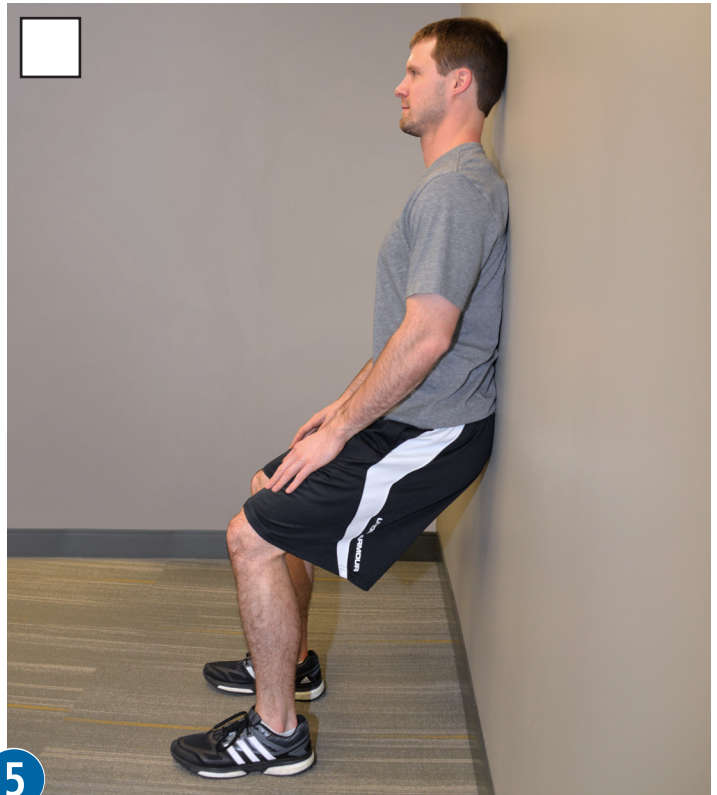
2 Bridging: Lie on your back with both knees bent. Squeeze your buttocks together then slowly lift your buttocks off the table, keeping your stomach tight and buttocks contracted. Slowly lower and release to starting position. Hold 5 seconds and repeat 10 times. Perform 2 times per day.



3 Gluteal Squeeze: Lie on your back with both knees bent and squeeze your buttocks together. Hold 10 seconds and relax. Repeat 10 times. Perform 2 times per day.



4 Transverse Abdominal March: Lie on your back with both knees bent. Tighten your abdominal muscles by bringing your belly button toward your spine. Slowly march by lifting one leg off the floor, then alternating to the other. Continue pulling your belly button toward spine during this exercise. Repeat 10 times on each side. Perform 2 times per day.



5 Wall Squats: Stand with your back against a wall with your feet approximately 1-2 feet away from the wall. With feet shoulder width apart, squat approximately ½ of the way down, making sure your knees do not go past your toes. Hold 5-10 seconds and repeat 10 times. Perform 2 times per day.

