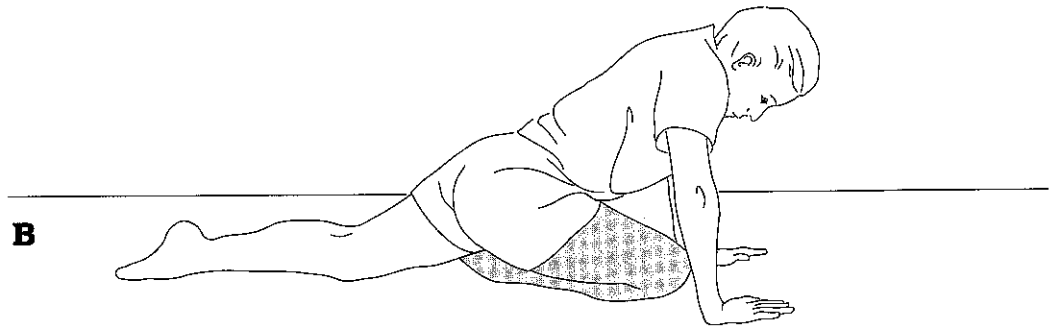
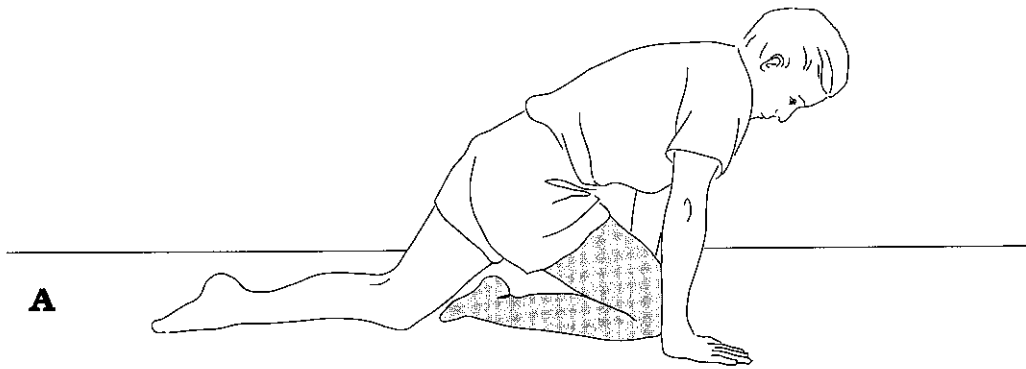


Back—Hints

1. Rest your back whenever you are tired by lying down or sitting in a chair with back support.
2. Prior to exercise, apply heat to your back via a warm shower or heating pad.
3. If you have a curved lower back, make sure your knees are higher than your hips when sitting. This will help support your back.
4. If your lower back is flat, place a small pillow or rolled towel behind the small of your back when sitting.
5. If your lower back is flat, periodically stand and gently arch your back throughout the day.
6. Always support your back, whatever position you are in, standing or sitting, and especially on long car or plane rides.
7. Always try to sit in a chair where your feet can rest comfortably on the floor. If your feet cannot reach the floor, place a stool under them so that your back does not compensate for the lack of leg length.
8. A comfortable sleeping position is on your side, knees pulled up to your chest and a pillow between your knees. This may be good for someone with an increased arch in his or her back. Sleeping on the stomach may benefit someone whose back is very flat.
9. Prepare for any lift or movement. Test objects so that you are not surprised by their weight. Always bend your knees when lifting.
10. Avoid twisting or jerking motions when lifting.
11. Don't bend from the waist to lift objects. Bend your knees.
12. Don't sit in one position too long (over 30 minutes). Shift positions frequently to avoid tightening the back muscles.

Back—Exercise 1



Patient Name: _____ **Date:** _____

Starting position: Kneel down on the side to be stretched. Rotate involved lower leg toward your opposite leg.

Exercise: Slowly lean backward until a stretch is felt in your buttocks. Do not arch your back.

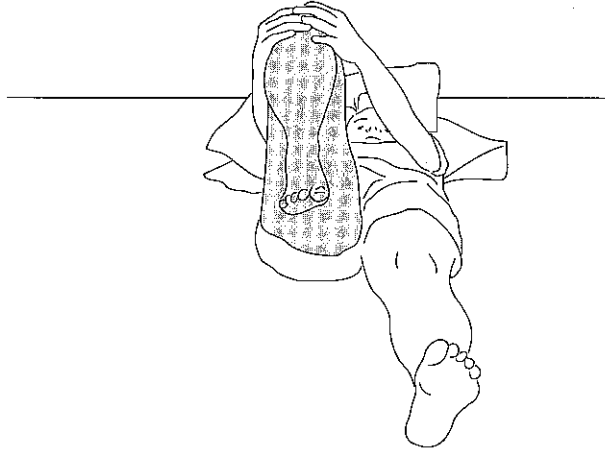
Hold _____ seconds.

Repeat _____ times.

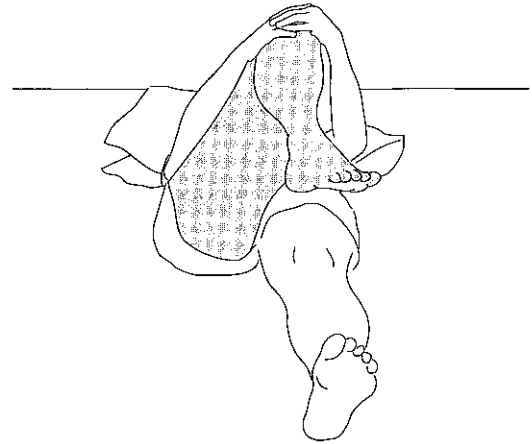
Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 2



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back with unininvolved leg straight and involved knee bent. Clasp your hands around your involved knee.

Exercise: Slowly pull your knee toward your opposite shoulder. Return to the starting position.

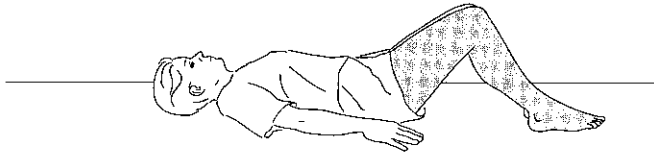
Hold _____ seconds.

Repeat _____ times.

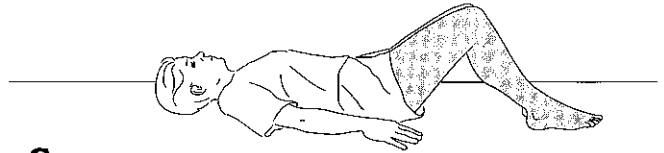
Do _____ sessions per day.

Special Precautions/Comments: _____

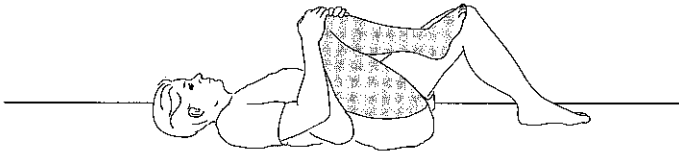
Back—Exercise 3



A



C



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back with both knees bent.

Exercise: Tighten your abdominal muscles. Slowly bring one knee toward your chest. Return to the starting position. Repeat with the opposite knee.

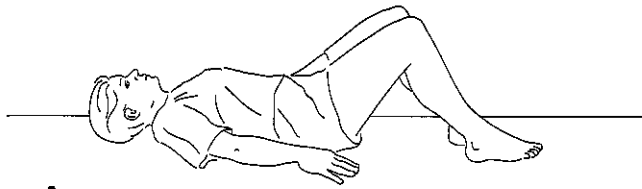
Hold _____ seconds.

Repeat _____ times.

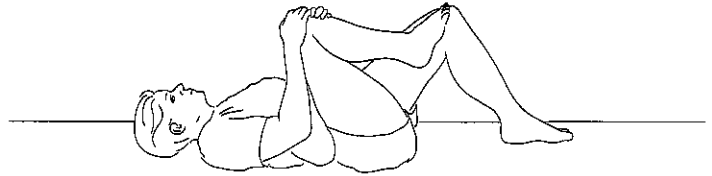
Do _____ sessions per day.

Special Precautions/Comments: _____

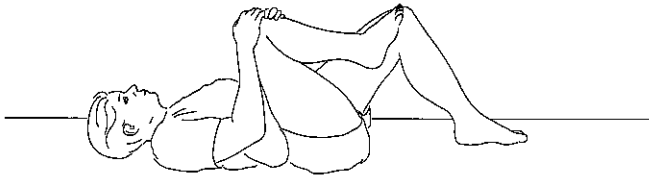
Back—Exercise 4



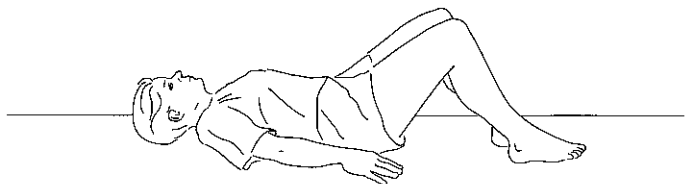
A



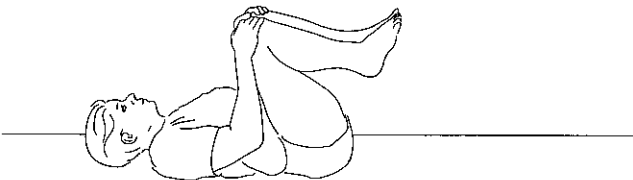
D



B



E



C

Patient Name: _____ **Date:** _____

Starting position: Lying on your back with both knees bent.

Exercise: Tighten your abdominal muscles. Slowly bring one knee toward your chest, then the other knee. Slowly lower one knee to the floor, then the other knee. Return to the starting position.

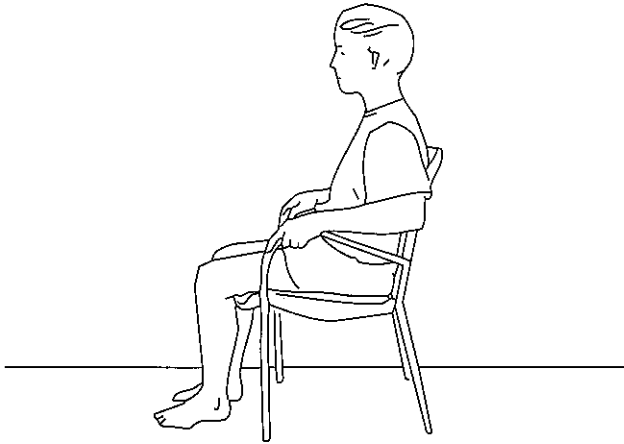
Hold _____ seconds.

Repeat _____ times.

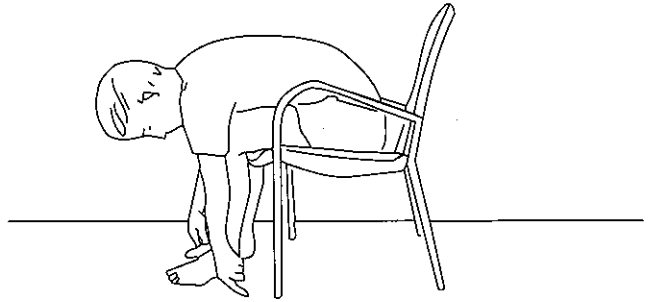
Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 5



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair.

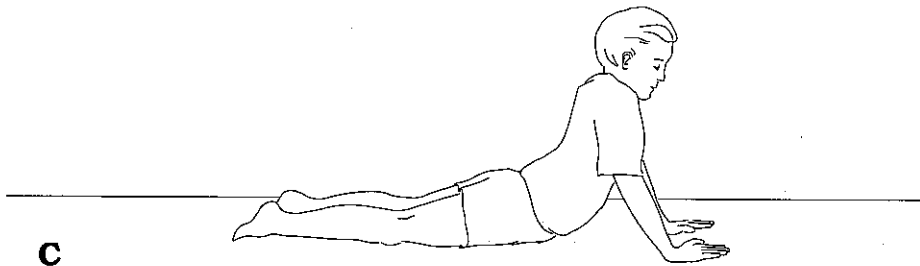
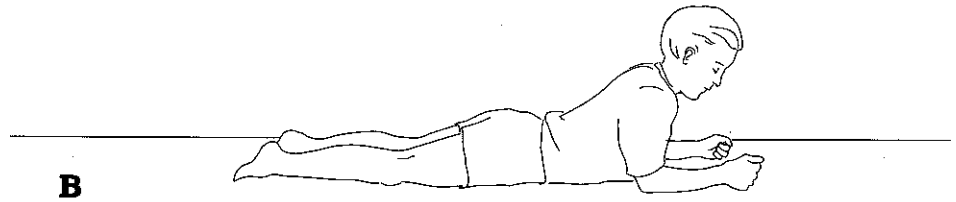
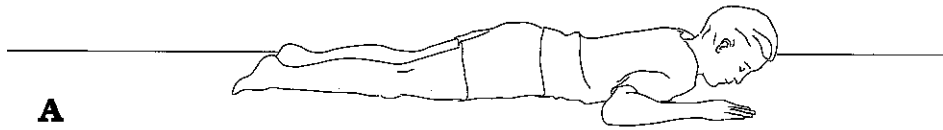
Exercise: Slowly bend over, lowering your shoulders toward the floor. Return to the starting position.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 6



Patient Name: _____ **Date:** _____

Starting position: Lying on your stomach.

Exercise: Slowly push yourself up onto your elbows. If this does not cause pain slowly straighten your arms. Return to the starting position.

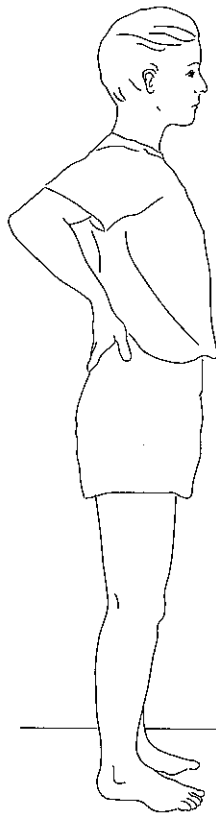
Hold _____ seconds.

Repeat _____ times.

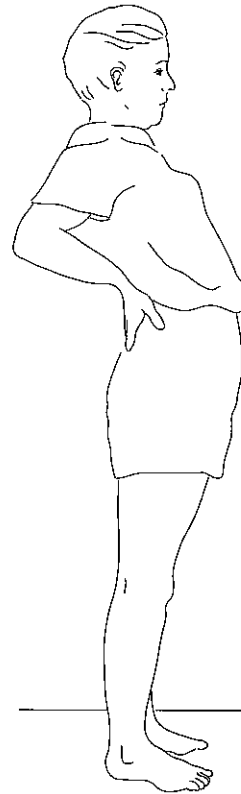
Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 7



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing with both hands on your hips.

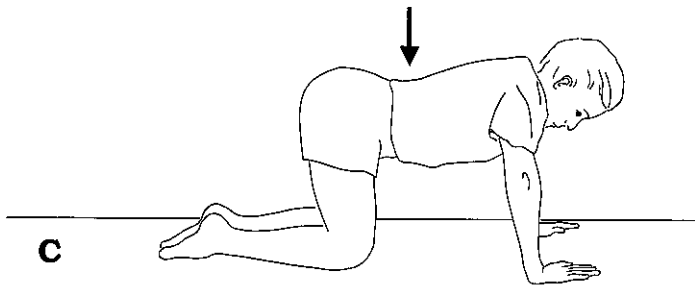
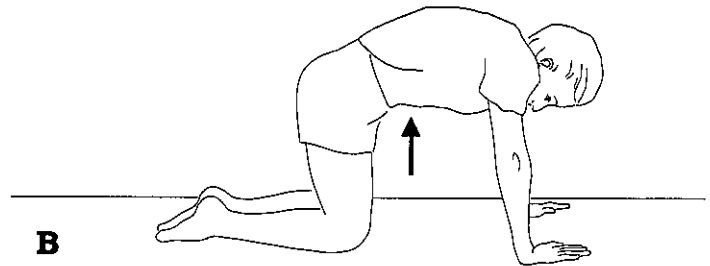
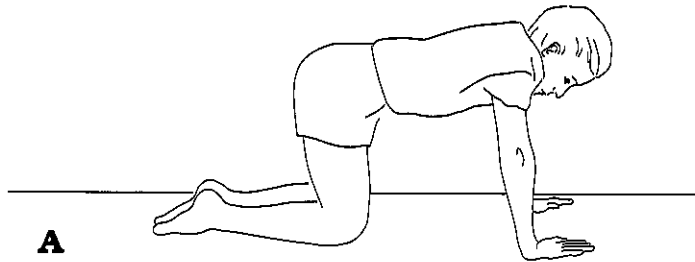
Exercise: Slowly pull your shoulders backward toward the floor. Return to the starting position.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 8



Patient Name: _____ **Date:** _____

Starting position: On your hands and knees. Hands and knees are shoulder width apart.

Exercise: Slowly arch your back toward the ceiling, then slowly lower it toward the floor.

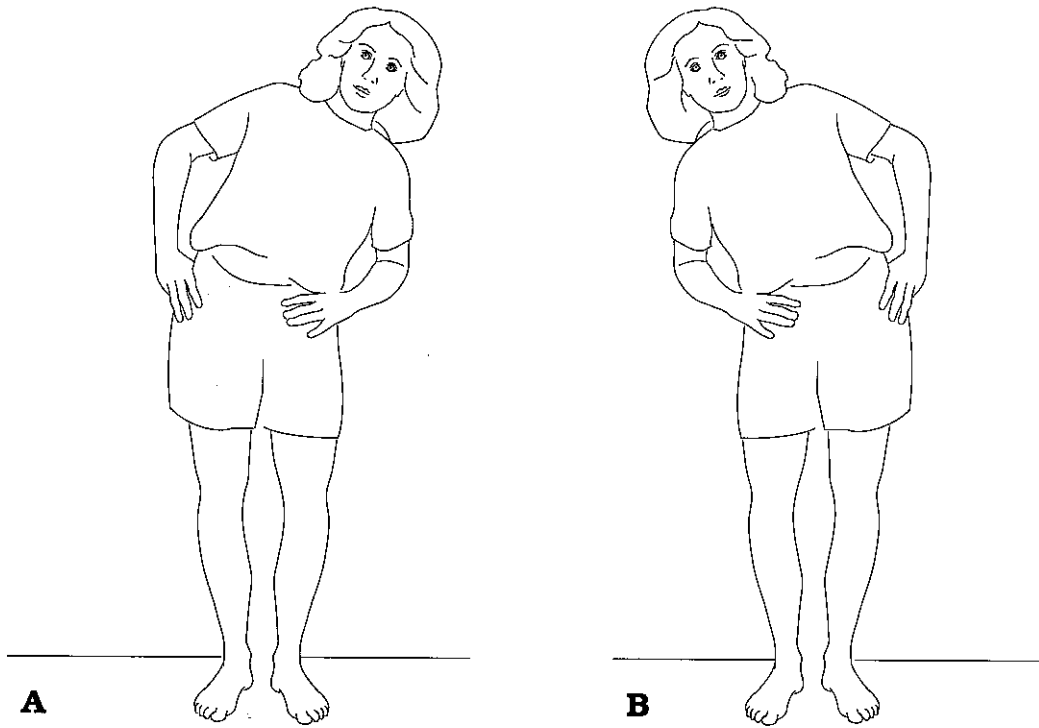
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 9



Patient Name: _____ **Date:** _____

Starting position: Standing.

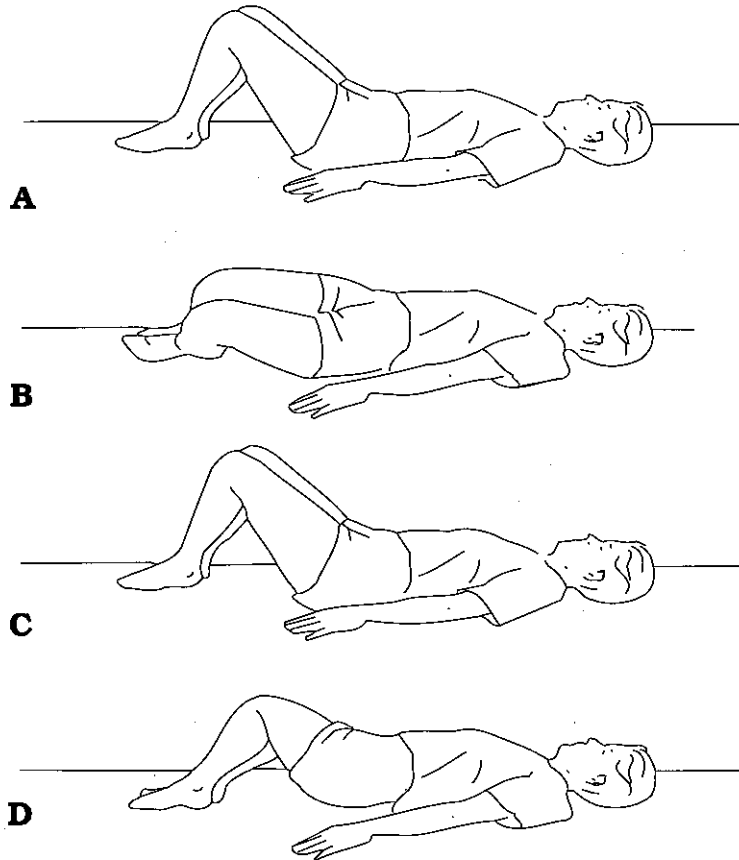
Exercise: Slowly lower one shoulder toward the floor while attempting to keep shoulder over your hip. Return to the starting position.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 10



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with your knees bent.

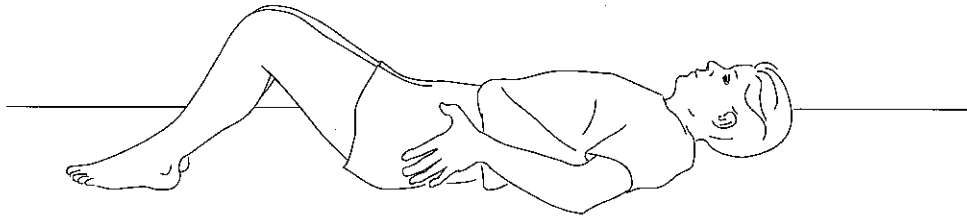
Exercise: Keeping your knees together, slowly lower them to the right. Return to the starting position, then slowly lower your knees to the left.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 11



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with knees bent and thumbs on top of your hipbones.

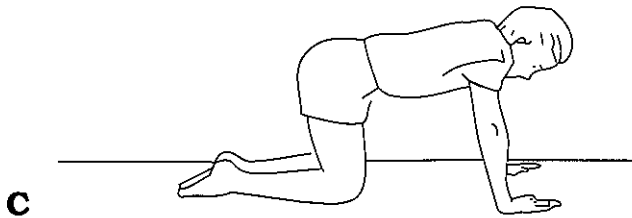
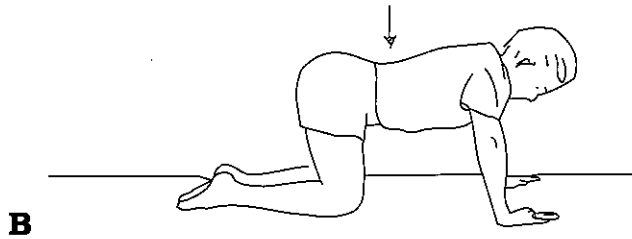
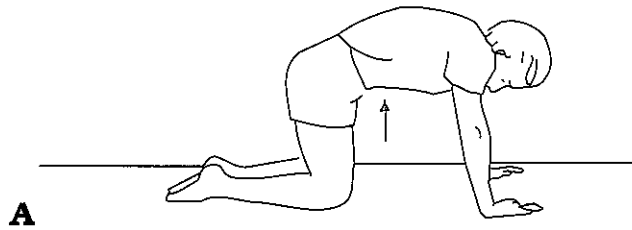
Exercise: Slowly rotate your hips down toward your feet, then slowly rotate them up toward your head. Find the position that feels best.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 12



Patient Name: _____ **Date:** _____

Starting position: On your hands and knees. Hands and knees are shoulder width apart.

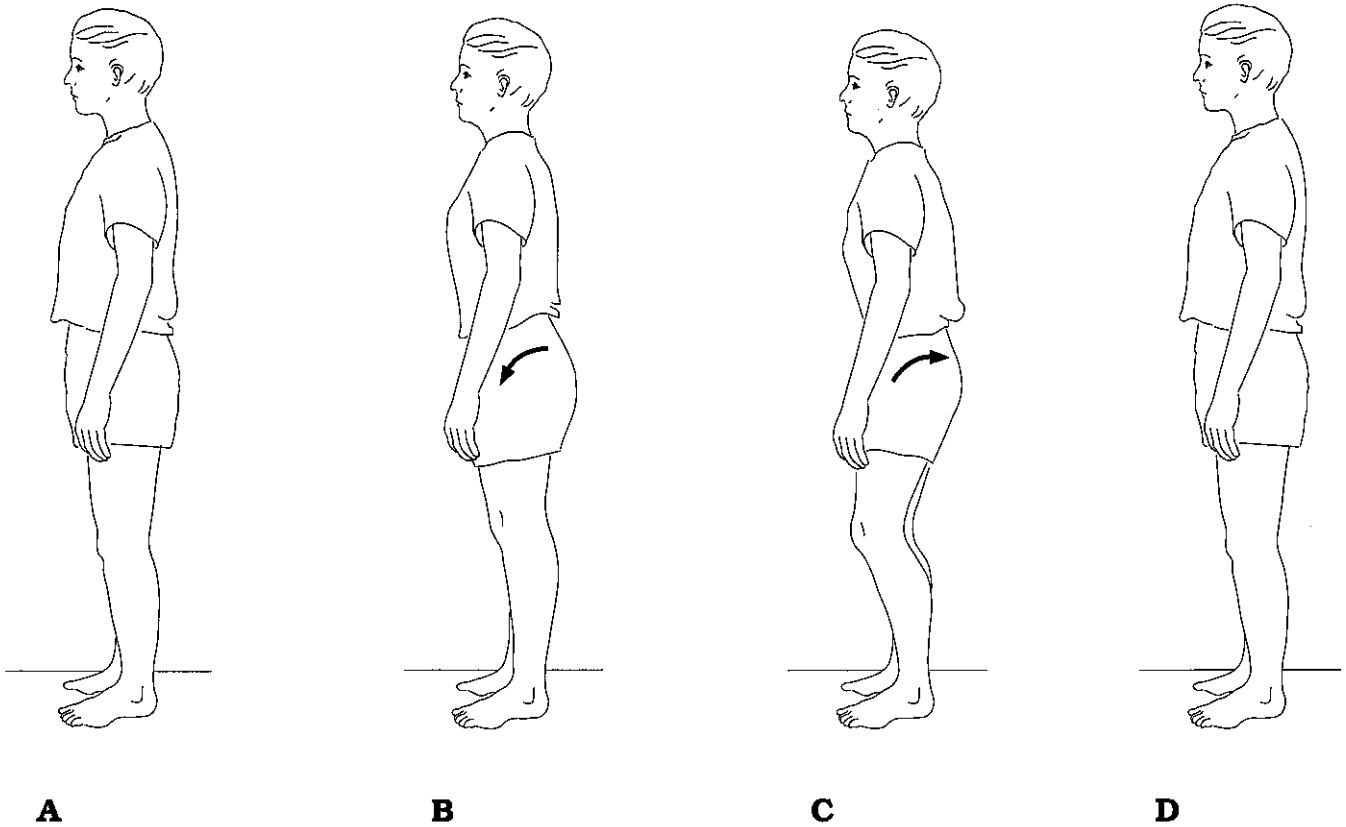
Exercise: Slowly arch your back toward the ceiling, then lower it toward the floor. Find the position that feels best.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 13



Patient Name: _____ **Date:** _____

Starting position: Standing.

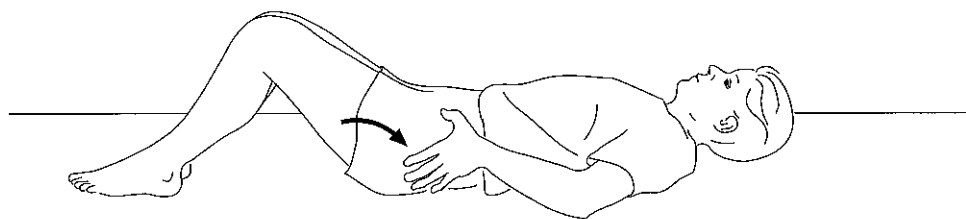
Exercise: Slowly rotate your hips down toward your feet, then slowly rotate them up toward your head. Find the position that feels best.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 14



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with knees bent and thumbs on top of your hipbones.

Exercise: Slowly press your lower back into the floor while tightening your stomach muscles.

Hold _____ seconds.

Repeat _____ times.

Continue for _____ seconds/minutes.

Do _____ sessions per day.

Exercise: Slowly press your lower back into the floor while tightening your buttock muscles.

Hold _____ seconds.

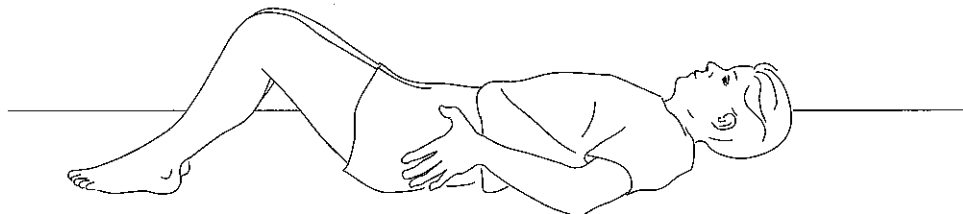
Repeat _____ times.

Continue for _____ seconds/minutes.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 15



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with knees bent. Find your low-back pain-free position.

Exercise: Tighten your stomach muscles. (Do not move your back.)

Hold _____ seconds.

Repeat _____ times.

Continue for _____ seconds/minutes.

Do _____ sessions per day.

Exercise: Tighten your buttock muscles. (Do not move your back.)

Hold _____ seconds.

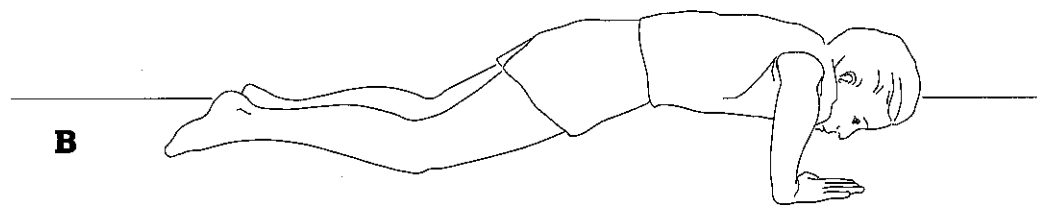
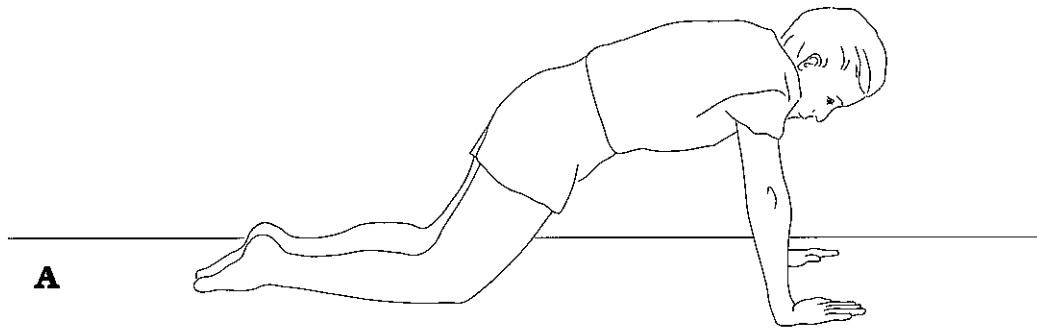
Repeat _____ times.

Continue for _____ seconds/minutes.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 16



Patient Name: _____ **Date:** _____

Starting position: On your hands and knees. Hands and knees are shoulder width apart. Find your low-back pain-free position.

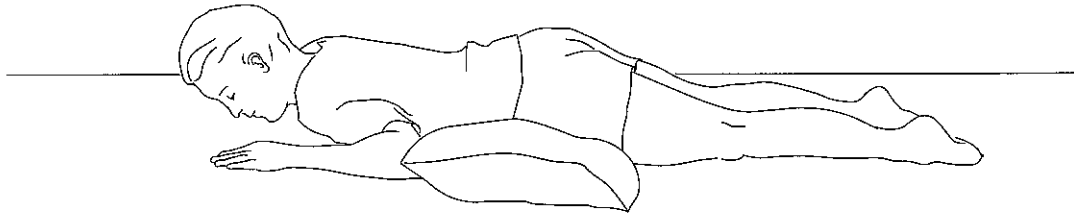
Exercise: Tighten your abdominal and gluteal muscles while performing a push-up. (Do not move your back).

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 17



Patient Name: _____ **Date:** _____

Starting position: Lying on your stomach with a pillow under your hips.

Exercise: Squeeze your buttock muscles together.

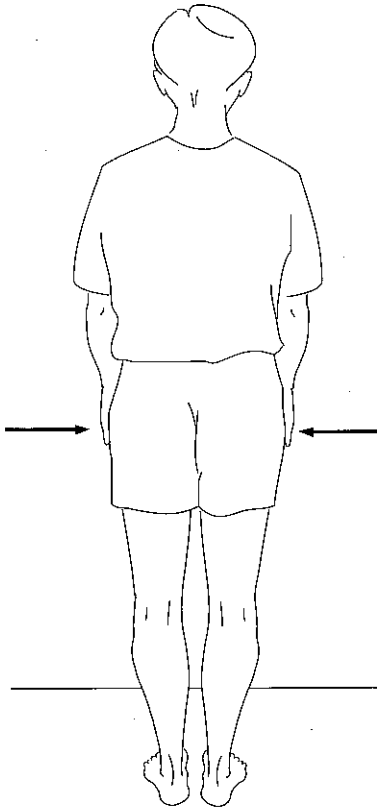
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 18



Patient Name: _____ **Date:** _____

Starting position: Standing.

Exercise: Squeeze your buttock muscles together.

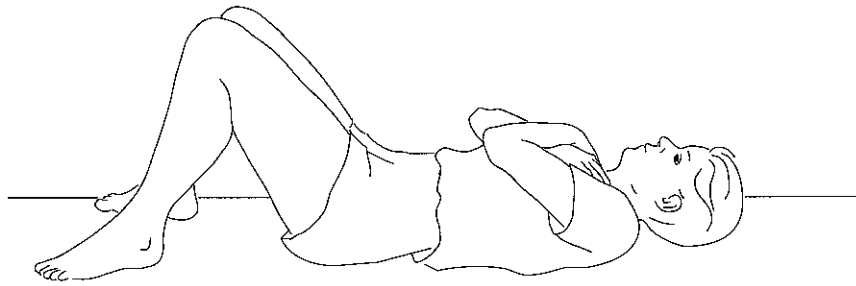
Hold _____ seconds.

Repeat _____ times.

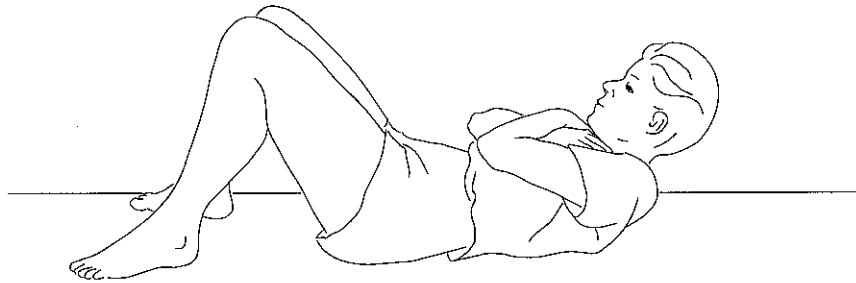
Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 19



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees bent and arms across your chest.

Exercise: Slowly lift your head and shoulders until the tips of your shoulder blades come off the floor.

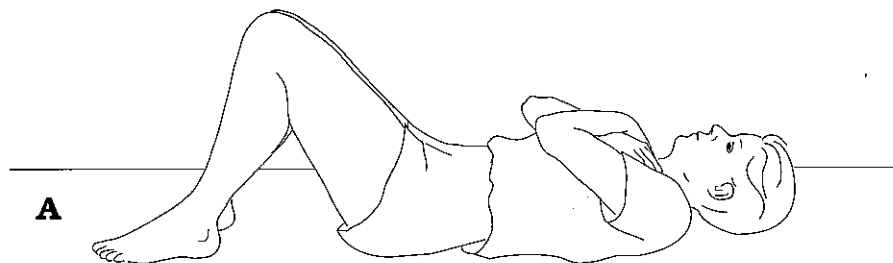
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 20



Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees bent and arms across your chest.

Exercise: Slowly lift your head and shoulder toward your opposite knee.

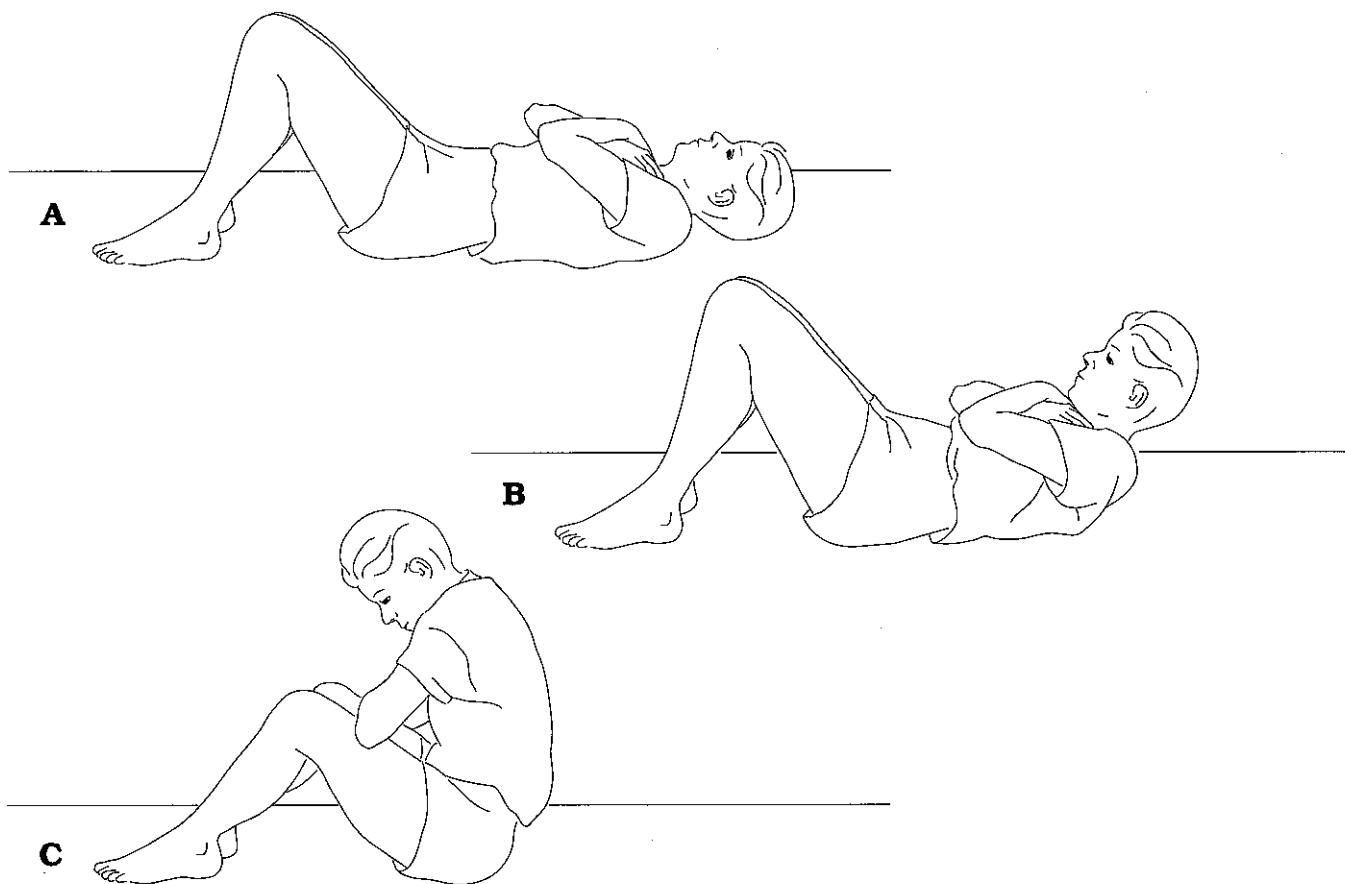
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 21



Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees bent and arms across your chest.

Exercise: Slowly lift your head and shoulders until your elbows touch your knees. Return to the starting position.

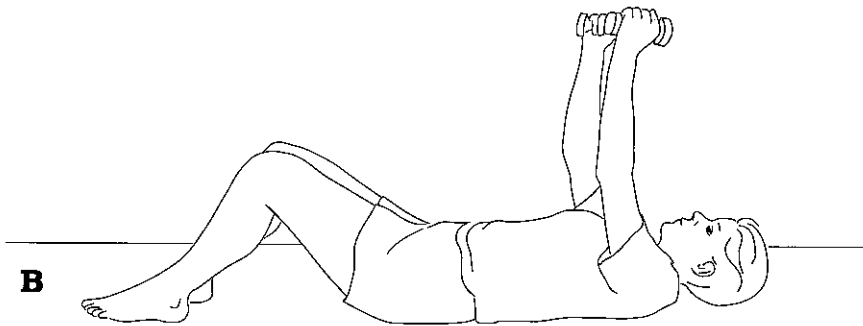
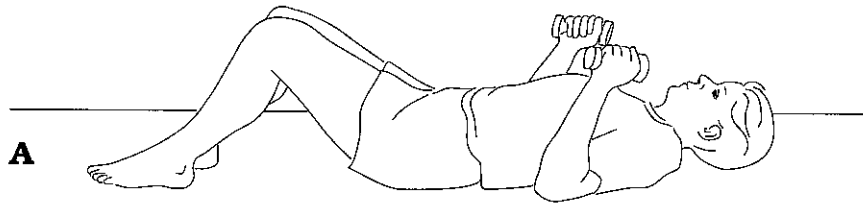
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 22



Patient Name: _____ **Date:** _____

Starting position: Holding a weight in each hand and lying on your back, knees and elbows bent.

Exercise: Tighten your abdominals while lifting your arms toward the ceiling. Return to the starting position.

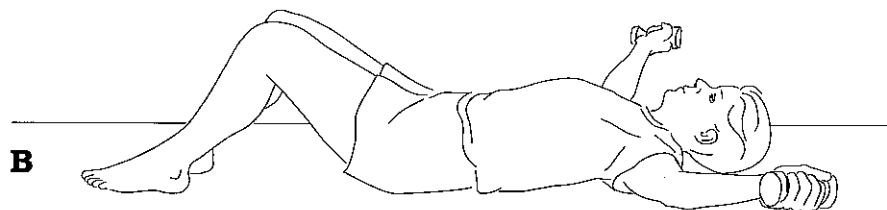
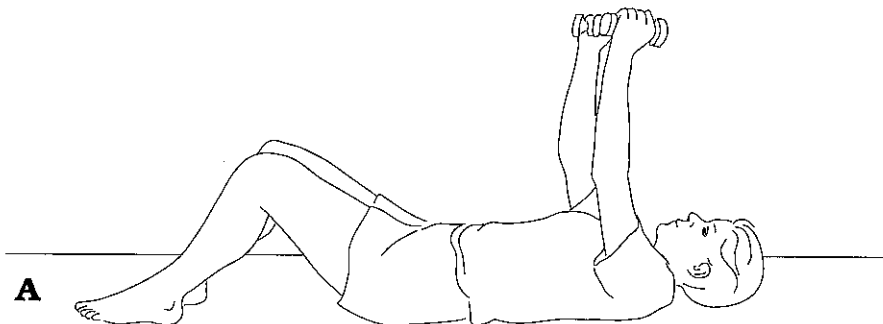
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 23



Patient Name: _____ **Date:** _____

Starting position: Holding a weight in each hand and lying on your back, knees bent and arms straight.

Exercise: Tighten your abdominals as you lower your arms toward the floor. Return to the starting position.

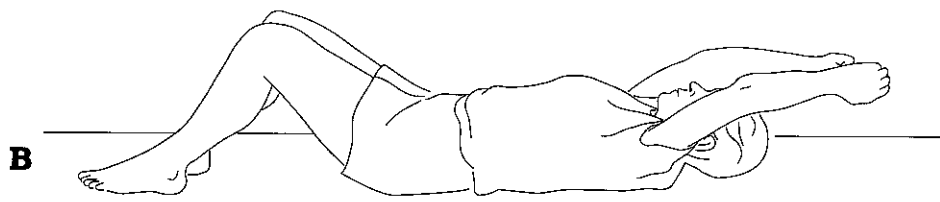
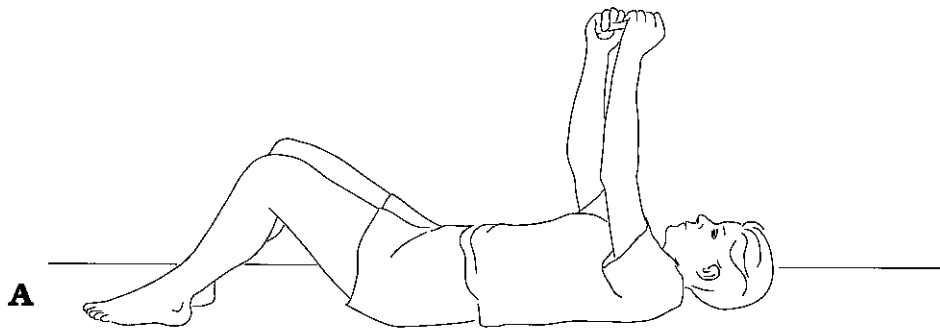
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 24



Patient Name: _____ **Date:** _____

Starting position: Grasping a weight with both hands and lying on your back, knees bent and arms straight.

Exercise: Tighten your abdominals while lowering your arms over your head. Return to the starting position.

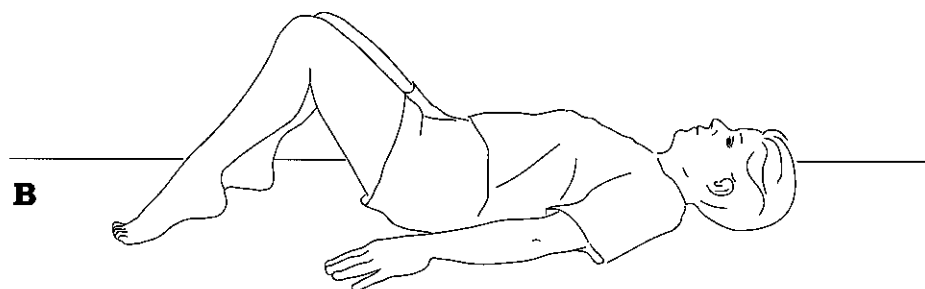
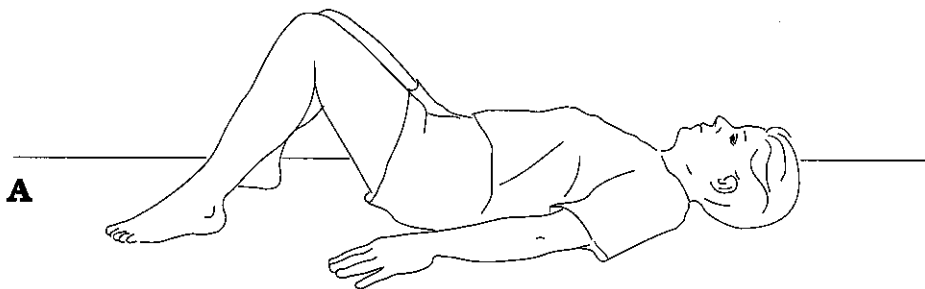
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 25



Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees bent.

Exercise: Tighten your abdominal muscles while lifting one heel off the floor. Return to the starting position, then repeat on the opposite side.

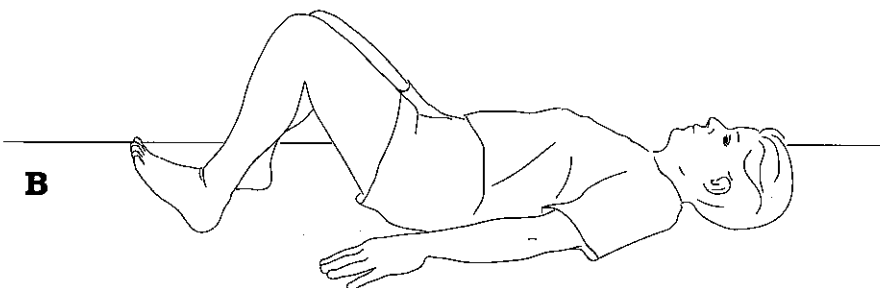
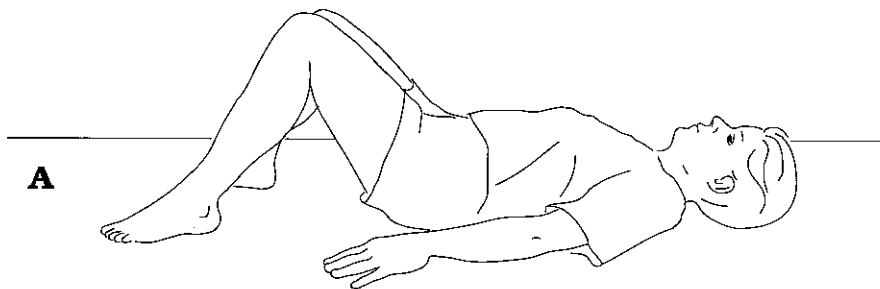
Repeat _____ times.

Continue for _____ seconds/minutes.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 26



Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees bent.

Exercise: Tighten your abdominal muscles while lifting your toes off the floor. Return to the starting position, then repeat on the opposite side.

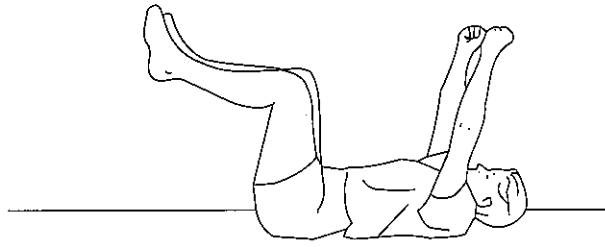
Repeat _____ times.

Continue for _____ seconds/minutes.

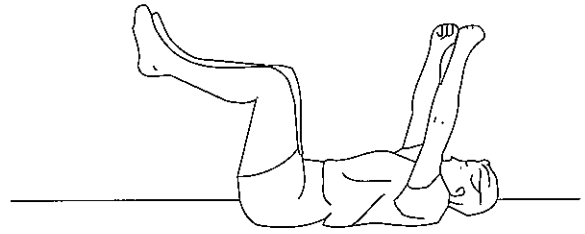
Do _____ sessions per day.

Special Precautions/Comments: _____

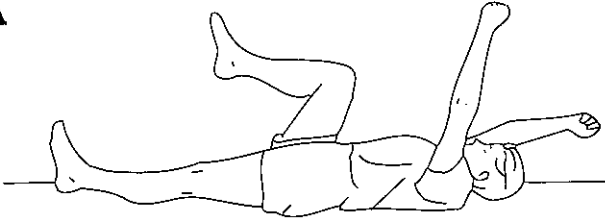
Back—Exercise 27



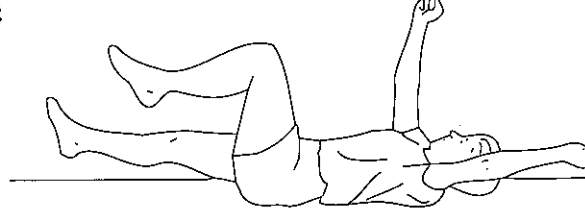
A



C



B



D

Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees and hips bent at 90° and arms straight up.

Exercise: Tighten your abdominal muscles while straightening one knee and hip, and move opposite arm backward, toward the floor. Return to the starting position. Repeat with the opposite arm and leg.

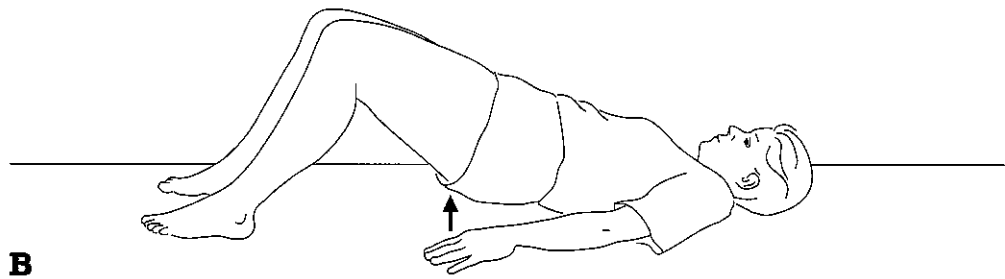
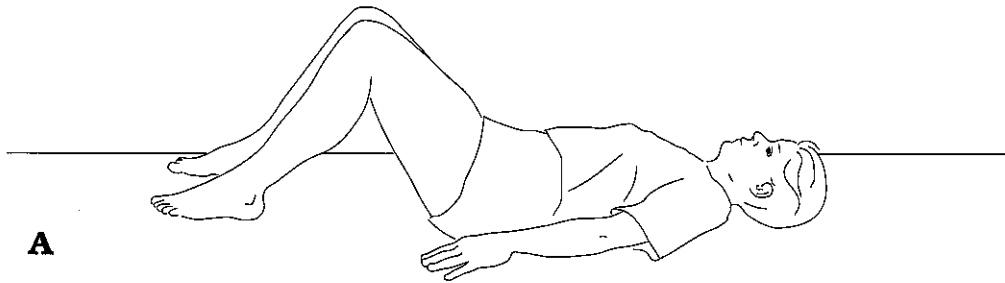
Repeat _____ times.

Continue for _____ seconds/minutes.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 28



Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees bent and arms flat on the floor.

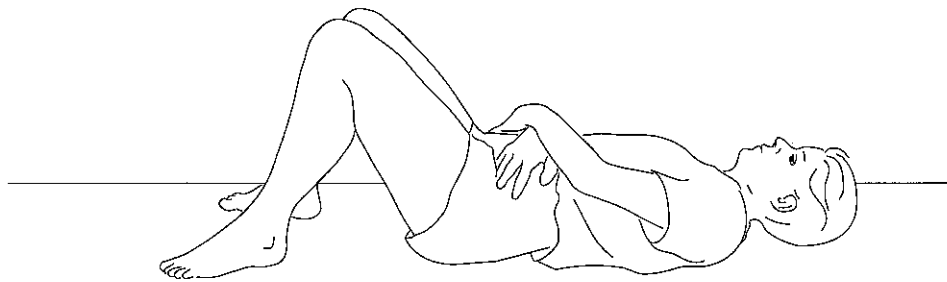
Exercise: Lift your hips toward the ceiling while squeezing your buttock muscles together. Return to the starting position.

Repeat _____ times.

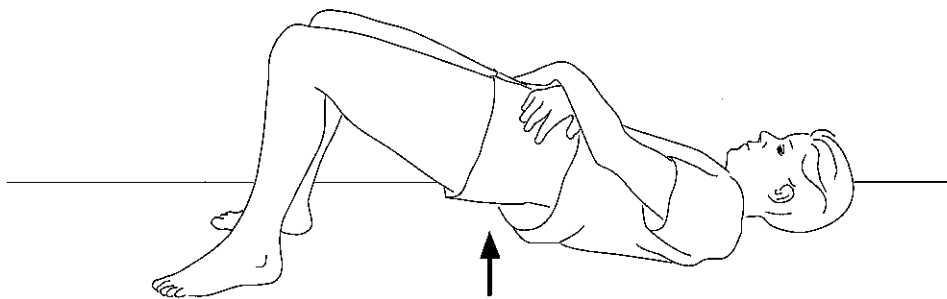
Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 29



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees bent and arms crisscrossed over your hips.

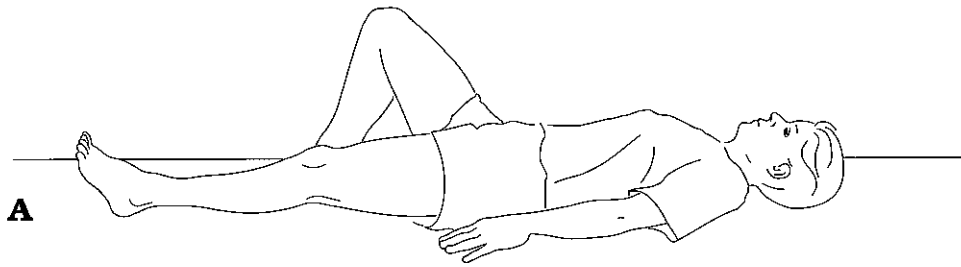
Exercise: Lift your hips toward the ceiling while squeezing your buttocks together.

Repeat _____ times.

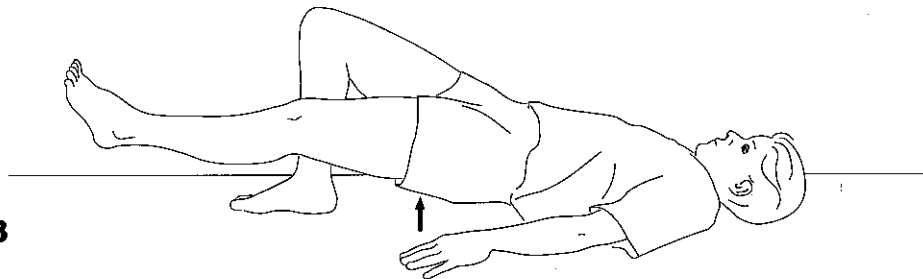
Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 30



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back with one knee bent and the other knee straight.

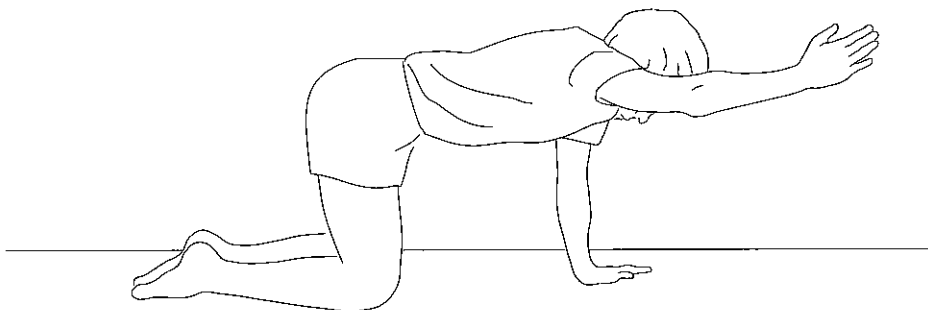
Exercise: Lift the straight leg and hip toward the ceiling while squeezing your buttocks together. Attempt to keep your hips level.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 31



Patient Name: _____ **Date:** _____

Starting position: On your hands and knees. Hands and knees are shoulder width apart.

Exercise: Tighten your stomach muscles. Slowly lift one arm toward the ceiling until it is level with your shoulder. Return to the starting position. Repeat with the other arm.

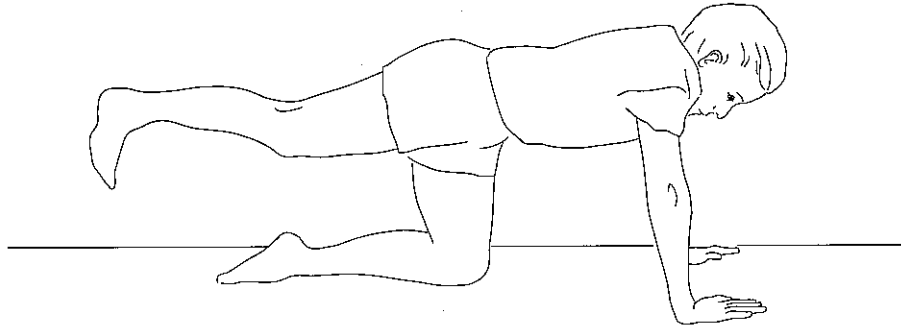
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 32



Patient Name: _____ **Date:** _____

Starting position: On your hands and knees. Hands and knees are shoulder width apart.

Exercise: Tighten your stomach muscles. Slowly straighten and lift one leg until it is level with your buttocks. Return to the starting position. Repeat with the other leg.

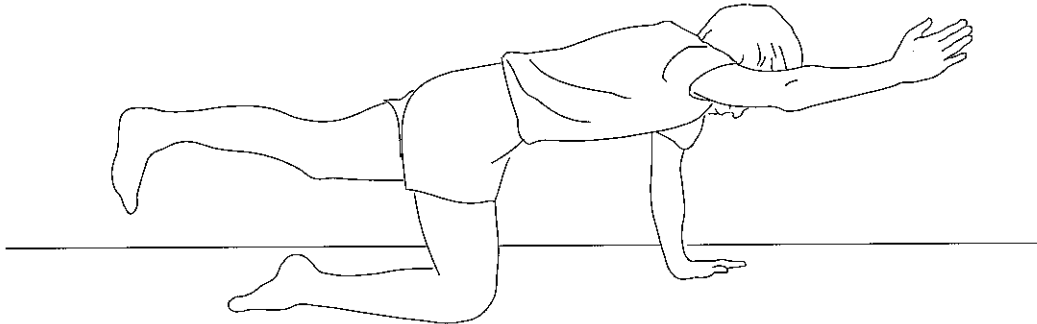
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 33



Patient Name: _____ **Date:** _____

Starting position: On your hands and knees. Hands and knees are shoulder width apart.

Exercise: Tighten your stomach muscles. Simultaneously lift one arm and your opposite leg toward the ceiling until they are level with your body. Return to the starting position. Repeat with the opposite sides.

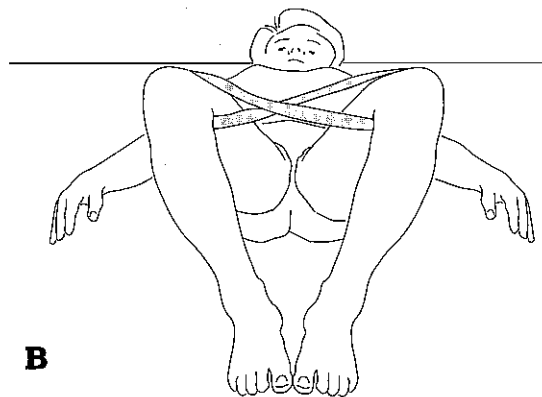
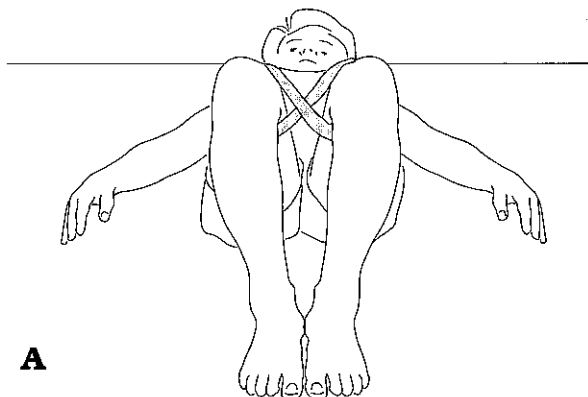
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Back—Exercise 34



Patient Name: _____ **Date:** _____

Starting position: Lying on your back. An elastic tubing is crisscrossed around your bent knees.

Exercise: Tighten your abdominal muscles and slowly pull your knees apart against the elastic tubing. Return to the starting position.

Repeat _____ times.

Continue for _____ seconds/minutes.

Do _____ sessions per day.

Special Precautions/Comments: _____

