

Appendix 17-D
EXERCISES FOR THE LOWER BACK



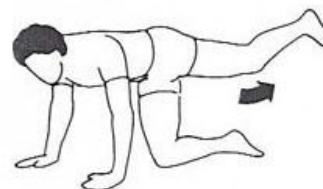
1. Partial Curl Up

Tilt pelvis to flatten back. Grasp hands behind head supporting neck. Raise upper body until shoulder blades clear the floor. Hold 5 seconds. Gradually increase repetitions.



2. Upper Body Extension With Chin Tuck

Place a pillow under your abdomen. Clasp hands behind you. First pull shoulders back pinching shoulder blades. Secondly, raise head and shoulders off the table with chin tucked during exercise. Hold 5 seconds, relax. Gradually increase repetitions.



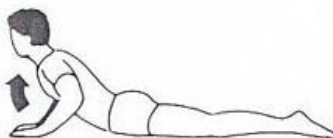
3. Four Point Hip Extension

Keep neck in a neutral position as you raise one leg up behind you. Knee is kept slightly flexed. Do not arch your back. Hold 5 seconds. Relax. Gradually increase repetitions.



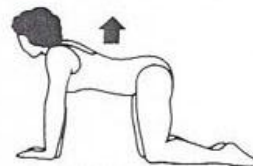
4. Four Point Upper Back Extension

Keep neck in a neutral position as you raise one arm out in front of you. Keep back flat as you do so. Hold for 5 seconds. Relax. Gradually increase repetitions.



5. Prone Push Up

Push up with your arms lifting upper body. Keep hips in contact with the floor. Gradually increase repetitions.



6. Mad Cat

Hands directly under shoulders, knees under hips. Tuck chin and tighten your abdominals to arch your back. Hold for 5 seconds. Relax. Gradually increase repetitions.



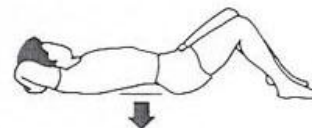
7. Double Knee To Chest

Pull both knees up to chest to feel a comfortable stretch in low back and buttocks. Gradually increase repetitions.



8. Single Knee To Chest

Pull one knee up to chest to feel a comfortable stretch in low back and buttocks. Do the same with the opposite knee. Gradually increase repetitions.



9. Pelvic Tilt

Flatten your back by tightening the muscles of your stomach and buttocks. Gradually increase repetitions.

