Exercises to Strengthen Your Back

□ Tighten tummy (Transverse abdominis)

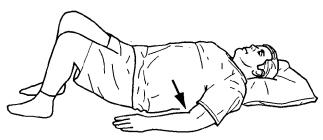
- 1. Relax on your back with your knees bent. Breathe in and out.
- 2. Breathe out and pull your tummy in.
- 3. Breathe and hold your tummy in for 10 seconds.
- 4. Relax and then repeat 10 times.

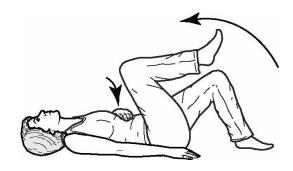
Bent knee fall outs

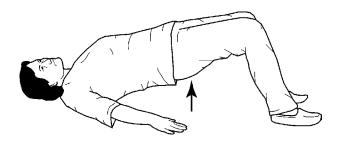
- 1. Lie on your back with your knees bent. Breathe in and out.
- Breathe out and tighten your tummy to support your back. You may want to rest your hand on your tummy to remind you to keep it pulled in.
- 3. Keep breathing, but keep your tummy tight and lift one leg with your knee bent, so your knee is facing the ceiling.
- 4. Lift the other leg slowly to the same position and hold for 5 to 10 seconds.
- 5. Then lower one foot to the floor and then the other.
- 6. Relax and repeat 10 times.

Bridging

- 1. Lie on your back with your knees bent and arms at your sides. Breathe in and out.
- 2. Breathe out and tighten your tummy to support your back.
- 3. Keep breathing and keep your tummy tight and lift your buttocks off of the floor.
- 4. Hold and then lower your buttocks to the floor.
- 5. Repeat 10 times.



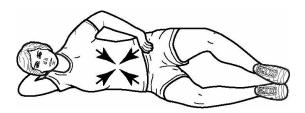


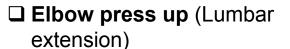


□ Side clam (Hip abduction and external rotation on side)

- 1. Lie on your side with your hips, knees, and feet straight over each other, and your knees bent 45 to 60 degrees. Support your head with your arm.
- 2. Pull in your tummy and straighten your spine while you keep your breathing relaxed.
- 3. Keep your feet touching and slowly lift the top knee towards the ceiling. Do not let your hips roll back.
- 4. Hold for 5 to 10 seconds and then lower the leg.
- 5. Repeat 10 times. Then roll to the other side, and do this exercise again.





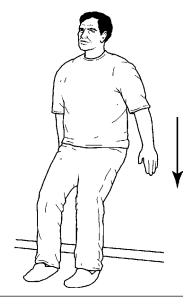


- Lie face down with your legs out straight behind you. Your arms should be at your sides with your elbows bent and your hands by your face.
- 2. Push up to your elbows, but keep your hips on the floor.
- 3. Hold and then lower back down.
- 4. Repeat 10 times.

□ Wall slide (Quarter squat)

- 1. Stand with your back against the wall and your feet shoulder width apart.
- Slide down the wall until your knees are bent 30 to 45 degrees. Do not bend your knee deep enough to cause pain.
- 3. Hold for 5 to 10 seconds and then straighten your knees to push you back up.
- 4. Relax and then repeat 10 times.





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