

LOW BACK EXERCISE PROGRAM

The following exercises are designed to increase gradually strength and flexibility in the low back and surrounding musculature. Continue to do the exercises after your back injury has healed. This will decrease the chance of re-injury and future back problems.

THIS PROGRAM SHOULD BE DONE ONLY WITH THE APPROVAL OF YOUR DOCTOR.

DIRECTIONS FOR EXERCISES

1. Study the position of each figure carefully before performing each exercise.
2. Complete all exercises in the order shown unless otherwise instructed by your doctor.
3. Do this routine at least 3 - 5 times a week, daily is preferable.
4. Discontinue any exercise which causes pain, until you can add it to the program without discomfort.
5. Begin by completing 5 repetitions of each exercise, except those which state **ONLY ONCE** in the caption.
6. Add additional repetitions as you can tolerate comfortably. Work to 15 repetitions of each. Continue to do only 1 repetition where instructed.
7. Perform all exercises smoothly, **never jerk or bounce** from one position to another.
8. Unless the caption says otherwise, when an exercise is done to both sides of the body, complete the repetitions to one side and then repeat to the other side.



Keeping low back flat, bring each knee to chest for 30 seconds. Alternate legs. **DO ONCE.**



Keeping low back flat, bring knees to chest for one minute. **DO ONCE**



Keeping low back flat on floor, curl upper body toward pelvis until hands cup kneecaps. Hold 2-3 seconds.



Tilt hips toward head, pressing low back firmly to floor and tightening abdominals. Hold 2-3 seconds.



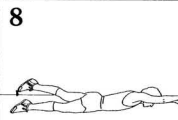
Pull leg to bent position then follow motion shown. Complete all repetitions to one side.



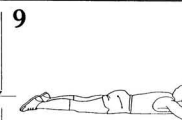
Tuck leg to chest, then drive leg back and up until it is straight and level with body.



Arch entire back. Bring pelvis forward and chin to chest while tightening abdominals. Hold 2-3 seconds.



Raise one hand and opposite leg six inches off floor for three seconds. Alternate sides.



Tighten buttocks while pressing pelvis to floor. Hold 2-3 seconds.



Pull heel to buttocks while contracting abdominals. Hold 30 seconds. Stretches thigh. **DO ONCE.**



Keep back of leg on floor. Bend only from the waist. Hold 30 seconds. Stretches back of leg.



From position shown, lower body toward wall by bending elbows. Keep rear heel on floor. Hold 30 seconds.

LIFTING TECHNIQUE



- Keep head up.
- Bend at hips and knees.
- Do not bend at waist.
- Keep back straight.
- Grip object firmly.
- Get down to level of object.
- When turning, move the whole body not just the upper body.

BACK CARE TIPS

- Do not lift heavy objects above your waist.
- Heavy objects should be held close to your body.
- Carry only those things you can handle with ease.
- Avoid sudden or jerky movements.
- Avoid shoes with high heels.
- When possible sit with knees higher than hips.
- When standing for long periods of time use an elevated footrest and alternate feet.

RECOMMENDATIONS:

1 X / DAY FOR A WEEK
THEN
3 X / WEEK

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