


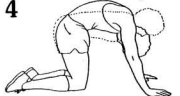

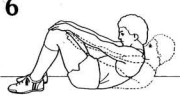

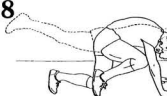
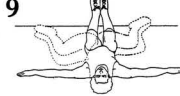


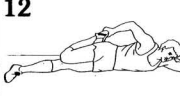
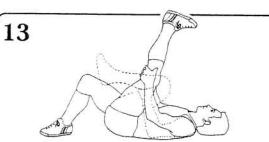
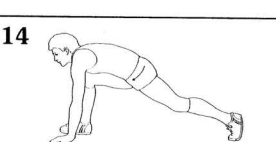

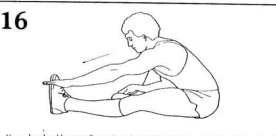


# LOW BACK PRESCRIPTION PAD

## GENERAL DIRECTIONS

- The following exercises are a collection of exercises most commonly used with people with back problems.
- Your doctor and/or therapist will choose the exercises you are to perform.
- **THESE EXERCISES SHOULD BE DONE ONLY WITH THE APPROVAL AND SUPERVISION OF YOUR DOCTOR AND THERAPIST.**

<p><b>1</b></p>  <p>Tilt hips toward head, pressing low back firmly to floor and tightening abdominals. Hold 2-3 seconds.</p> <p># of times <u>5</u> Hold <u>2</u> sec.</p>	<p><b>2</b></p>  <p>Pull leg to bent position then follow motion shown. Complete all repetitions to one side.</p> <p># of times <u>5</u> <sup>R+L</sup> Hold <u>2</u> sec.</p>	<p><b>3</b></p>  <p>Tighten buttocks while pressing pelvis to floor.</p> <p># of times <u>2</u> Hold <u>2</u> sec.</p>
<p><b>4</b></p>  <p>Arch entire back. Bring pelvis forward and chin to chest while tightening abdominals.</p> <p># of times <u>1</u> Hold <u>5</u> sec.</p>	<p><b>5</b></p>  <p>Press upper body upward to position shown, keeping pelvis on floor.</p> <p># of times <u>2</u> Hold <u>2</u> sec.</p>	<p><b>6</b></p>  <p>Keeping low back flat on floor, curl upper body toward pelvis until hands cup kneecaps.</p> <p># of times <u>5</u> Hold <u>2</u> sec.</p>
<p><b>7</b></p>  <p>Raise one hand and opposite leg six inches off floor for three seconds. Alternate sides.</p> <p># of times <u>5</u> <sup>R+L</sup> Hold <u>3</u> sec.</p>	<p><b>8</b></p>  <p>Tuck leg to chest, then drive leg back and up until it is straight and level with body.</p> <p># of times <u>5</u> <sup>R+L</sup> Hold <u>2</u> sec.</p>	<p><b>9</b></p>  <p>Keeping shoulders flat on floor, slowly rotate hips and legs from side to side.</p> <p># of times <u>2</u> Hold <u>2</u> sec.</p>
<p><b>10</b></p>  <p>Keeping low back flat, bring each knee to chest for 30 seconds. Alternate legs.</p> <p># of times <u>5</u> <sup>R+L</sup> Hold <u>5</u> sec.</p>	<p><b>11</b></p>  <p>Keeping low back flat, bring knees to chest for one minute.</p> <p># of times <u>2</u> Hold <u>60</u> sec.</p>	<p><b>12</b></p>  <p>Pull heel to buttocks while contracting abdominals. Stretches thigh.</p> <p># of times <u>1</u> <sup>R+L</sup> Hold <u>2</u> sec.</p>
<p><b>13</b></p>  <p>From dotted position, straighten leg with foot flexed toward knee.</p> <p># of times <u>2</u> <sup>R+L</sup> Hold <u>2</u> sec.</p>	<p><b>14</b></p>  <p>From position shown, move hips down and forward.</p> <p># of times <u>2</u> <sup>R+L</sup> Hold <u>2</u> sec.</p>	
<p><b>15</b></p>  <p>From seated position let head, arms, and shoulders hang between knees for one minute.</p> <p># of times <u>1</u> Hold <u>5</u> sec.</p>	<p><b>16</b></p>  <p>Keep back of leg on floor. Bend only from the waist. Stretches back of leg.</p> <p># of times <u>2</u> <sup>R+L</sup> Hold <u>5</u> sec.</p>	

## PRESCRIPTION

- Perform the following exercises: (Circle the numbers.)

ALL 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

- Perform on the following days:

SU M TU W TH F SA

- # of times each day 1

- Perform the exercises in the following order:

1 → 16

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RECOMMENDATIONS:

COMPLIMENTS OF:

1 TIME PER DAY FOR A WEEK  
THEN  
3 TIMES PER WEEK.

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