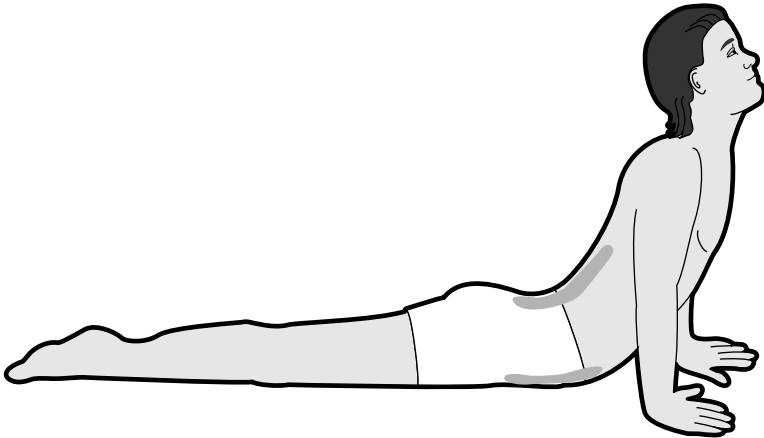


HOME EXERCISE PROGRAM

PRONE PRESS-UP



Purpose: To decrease pain and to increase mobility in your back.

Position: Lie flat on your stomach, with palms on the floor directly under the shoulders (elbows bent).

Action: Press-up, straightening arms as completely as possible, arching the back while keeping the pelvis flat on the floor. You may experience some mild discomfort in your lower back. If you experience increased pain in your hips or legs, do not extend your back that far. Hold position _____ seconds.

Return to starting position.

Repeat _____ times, _____ times a day.

_____ PT
Physical Therapy Department