

Strengthening Exercises For Low Back Patients

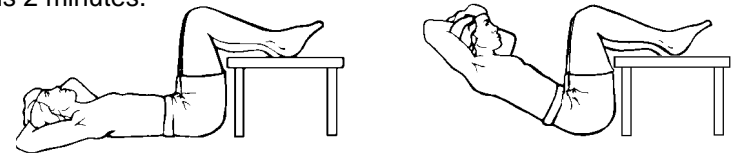


STRENGTHENING EXERCISES FOR LOW BACK PATIENTS

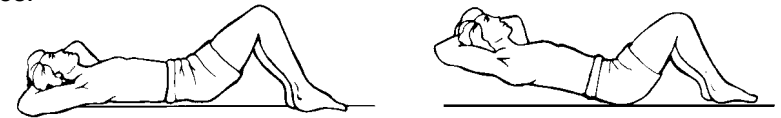
NOTE: Do only those exercises which your therapist has instructed you to do.

ABDOMINAL STRENGTHENING

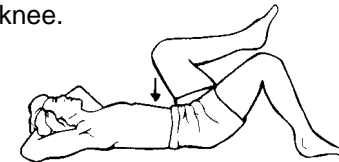
1. Lie on your back with your lower legs supported on a chair. Clasp your hands behind your head and lift your head and shoulders from the floor just enough to clear your shoulder blades from the floor. Hold for as long as possible. The goal is 2 minutes.



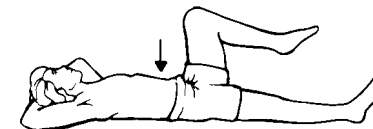
2. Lie on your back with your knees bent and feet flat on the floor. Clasp hands behind your head and lift your head and shoulders from the floor so that your shoulder blades clear the floor. Hold for as long as you can. The goal is 2 minutes.



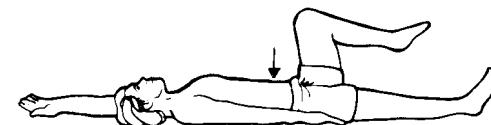
3. Bicycling progression
 - a. Lie on your back with your low back flattened to the floor (a pelvic tilt). Alternately raise one knee.



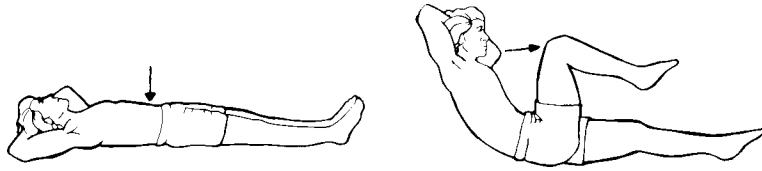
- b. Lie on your back and maintain a pelvic tilt as you alternately raise one knee up toward your chest as the opposite leg extends out further.



- c. Maintain a pelvic tilt as you alternately raise the arm and leg on the same side.



- d. Lie on the floor with hands clasped behind your head and pelvic tilt maintained. Alternately touch elbow to opposite knee.

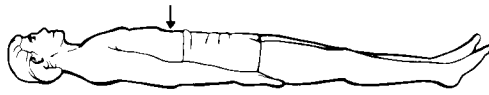


4. Lie flat on the floor with arms overhead. Maintain a pelvic tilt as you simultaneously lift both knees and reach for your knees with your hands, and return again to the starting position.



GLUTEAL STRENGTHENING

1. Lie on your back. Flatten your lower back to the floor. Squeeze your buttocks together and hold.

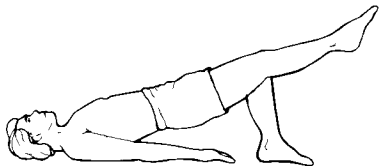


2. Bridging progression

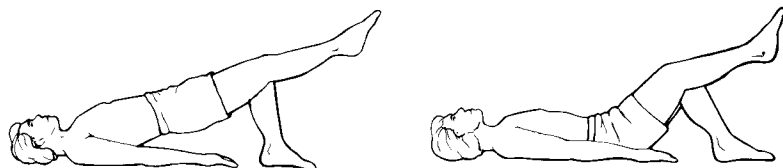
- a. Lie on your back with knees bent and feet flat on the floor. Tilt your pelvis and then lift both hips off the floor and hold. Be sure not to arch your back. Lower hips slowly to the floor.



- b. Hold a bridging position and alternately extend one knee at a time.

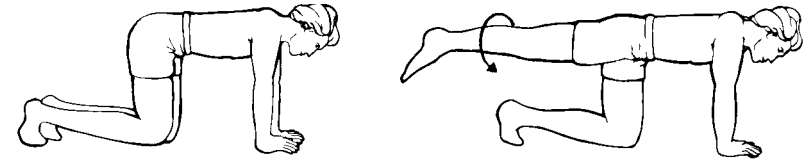


- c. Hold a bridging position and extend one knee. Slowly lower buttocks toward the floor and lift again keeping the leg extended.



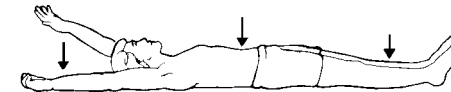
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3. Get onto your hands and knees on the floor. Keep your low back flat as you lift one leg out behind you and make circles with your leg. Repeat with the other leg.

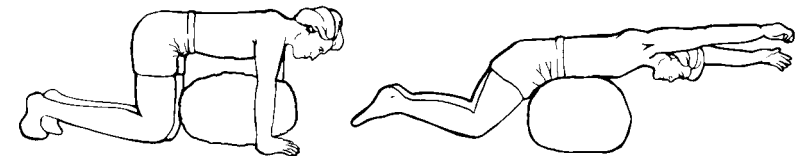


BACK EXTENSOR STRENGTHENING

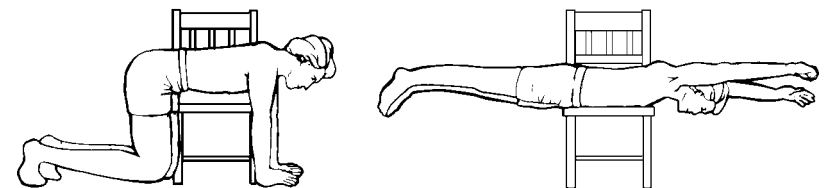
1. Lie flat on the floor with a pelvic tilt. Raise one arm overhead. Push arm and opposite leg down against floor and hold.



2. Kneel on the floor and lean over a large bolster (use rolled blanket or pillows that allow bolster to be firm) placed under your abdomen. With arms held overhead, lift your upper body up until your lower back comes to a neutral position. Do not raise up so high as to allow your low back to arch.

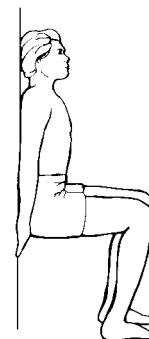


3. Lie on your stomach over the seat of a chair. Tilt your pelvis as you lift your upper body and legs about even with the chair. Do not lift so high that you arch your back.



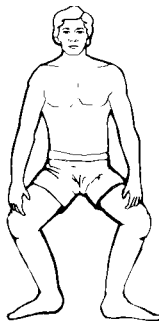
QUADRICEPS STRENGTHENING

1. Stand with your back against a wall with your feet about 12 inches from the wall. Flatten your low back against the wall and slide your back down the wall bending your knees to a 90 degree angle. Hold this position for as long as possible (goal is 2 minutes.) Slide back up the wall at the completion of the exercise.

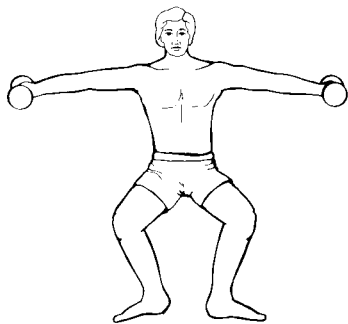
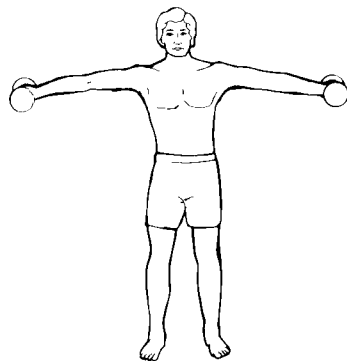


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2. Stand with your feet apart. Squat, keeping your back in neutral, so your knees are bent at about a 90 degree angle. Hold this position for as long as possible (goal is 2 minutes).



3. Stand with your feet apart holding a _____ pound weight in each hand at shoulder height. Slowly squat keeping your back in neutral until your knees are bent at about a 90 degree angle and slowly straighten knees again. Repeat for _____ minutes.



4. Stand with your feet apart holding a _____ pound weight in each hand at your sides. Squat, keeping your back in neutral, and allowing your hands to come between your knees. Slowly straighten and repeat.

