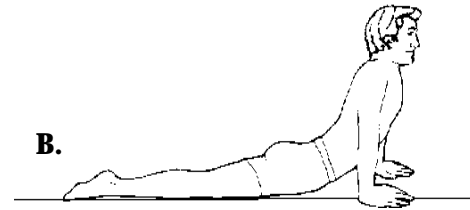
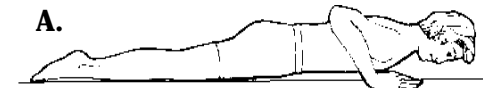


Physical Therapy Department

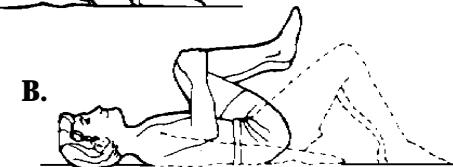
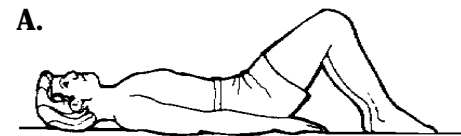
# Low Back Exercises



- 1. Press-up or Extension Exercise:** Lie flat on your stomach, legs apart 12 inches, with palms on the floor directly under the shoulders (elbows bent). Press-up, straightening arms as completely as possible, arching the back **while** keeping the pelvis flat on the floor. Return immediately to start position and repeat \_\_\_\_\_ times.



- 2. Knee-to-Chest or Flexion Exercise:** Lie on your back with knees bent. Feet on the floor. Take a deep breath and relax. Grasp **both** knees and pull them as close to your chest as possible. Then return to starting position and repeat \_\_\_\_\_ times without relaxing between repetitions.



3. **Standing Extension Exercise:** Stand with feet comfortably apart. Place hands at small of back as shown (picture 1). Keep knees as straight as possible and bend backward (picture 2). Then return to starting position. Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day or as instructed by your therapist.

**Picture 1**



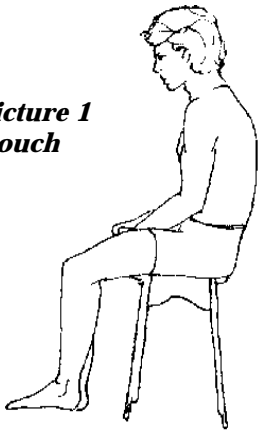
**Picture 2**



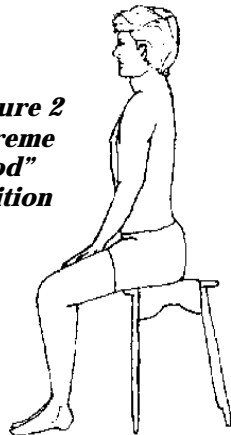
***STANDING EXTENSION EXERCISE***

4. **Sitting Extension Exercise:** Sit forward in a chair with your back away from the backrest. Allow yourself to slouch completely (picture 1). Now draw yourself up and increase the hollow in the small of your back (picture 2). Repeat this movement from the extreme of the “bad” position to the extreme of the “good” position \_\_\_\_\_ times, \_\_\_\_\_ times per day or as instructed by your therapist.

**Picture 1  
Slouch**



**Picture 2  
Extreme  
“good”  
position**



***SITTING EXTENSION EXERCISE***

5. **Shift Correction:** (As instructed by your Therapist)