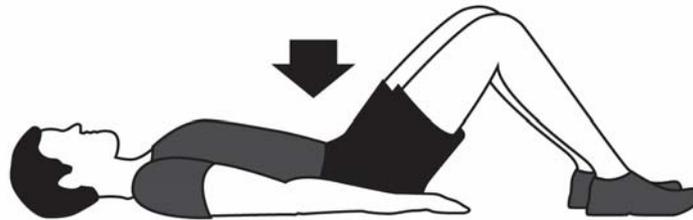


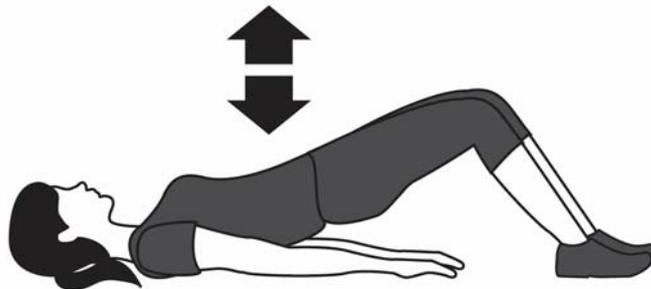


HOME LOW BACK EXERCISES

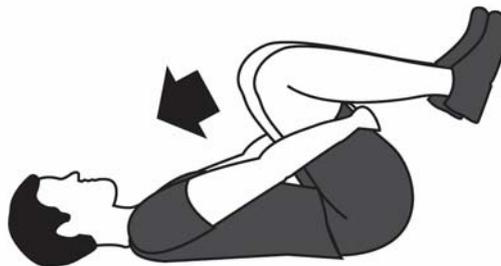
1. **Standing against the wall:** Try pressing your lower back against the wall. Stand with your feet two or three inches away from the wall and pull your tummy muscles in. Tilt your pelvis so that your lower lumbar vertebra makes contact with the wall (if possible). At the same time, pull your chin in (it is ok to create a double chin) but look straight ahead and there is no need to get your head back against the wall, because it is important to stretch the back of your neck. Hold this position for about thirty seconds, whilst gently breathing in and out maintaining the contraction. Repeat three times.
2. **Pressing Down:** Lie on your back with both knees bent and your feet on the floor. Pull stomach in, trying to bring your naval in as close to your spine as possible. Press your lower back into the floor and hold for ten to twenty seconds. Try to keep breathing gently at the same time without letting the contraction go. Repeat three times.



3. **Lifting up:** Lie on your back and pull your knees bent and your feet on the floor. Pull your stomach in and lift your buttocks off the floor and hold for ten seconds. Repeat three times.



4. **Knee to Chest:** Lie on your back and pull your knees up towards your chest, placing your hands around the backs of your thighs. Curl up and hold this position for thirty seconds, gently rocking your legs backwards and forwards. Do this once only.



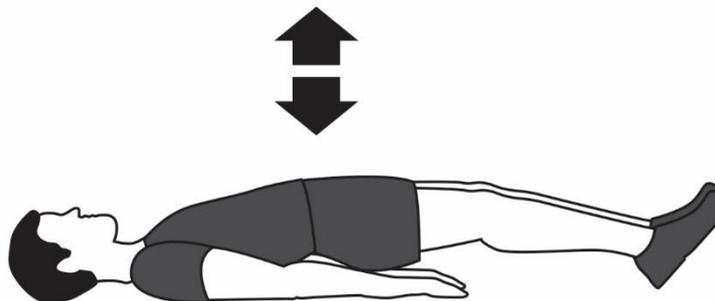


HOME LOW BACK EXERCISES

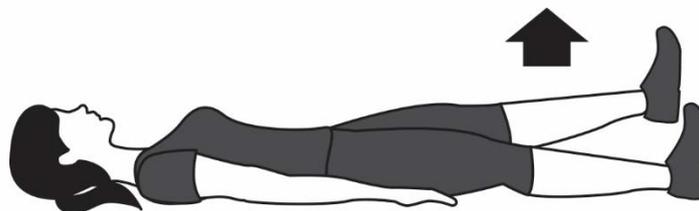
5. **Abdominal Crunch:** Lie on your back with your knees bent. Pull your stomach in and flatten your low back against the floor. Place your hands on the side of your head and tuck your chin in. Lift your head and shoulders in a smooth and continuous movement whilst breathing out. Come up until your shoulder blades are off the floor but keep your lower back in contact with the floor. Curl up and then go slowly down whilst breathing in and repeat the movement in a smooth and continuous motion. Do this ten to twenty times.



6. **Pelvic Lift:** Lie on your back, taking the weight on your heels and between your shoulders (take care not to take any weight on your head, so as not to hurt your neck). Gently lift your bottom just off the floor, only about one centimetre, by tightening the muscles in your buttocks and the backs of your thighs. Try not to let your lower back hollow by not raising too high. Try to keep the whole of your body quite straight. Hold this position for five seconds and repeat five times.



7. **Leg Raises:** Lie on your back and lift one leg three inches and hold it for twenty seconds. Then lift the other leg and hold for twenty seconds. If this becomes easier after a few weeks, then you can try holding both legs together. Try not to let your low back hollow too much. Do this once only.



8. **Squats:** Stand with your arms crossed and your feet a shoulders width apart. Keep your heels on the ground and gently squat up and down. You will need to stick your bottom out as you go down, rocking slightly forward to counterbalance. Imagine you are trying to sit down in a chair as you go down, keeping your lower legs as vertical as possible with your knees over your feet. Go down until your thighs are horizontal and then slowly come up. This should be a continuous and smooth movement. Repeat ten to twenty times.