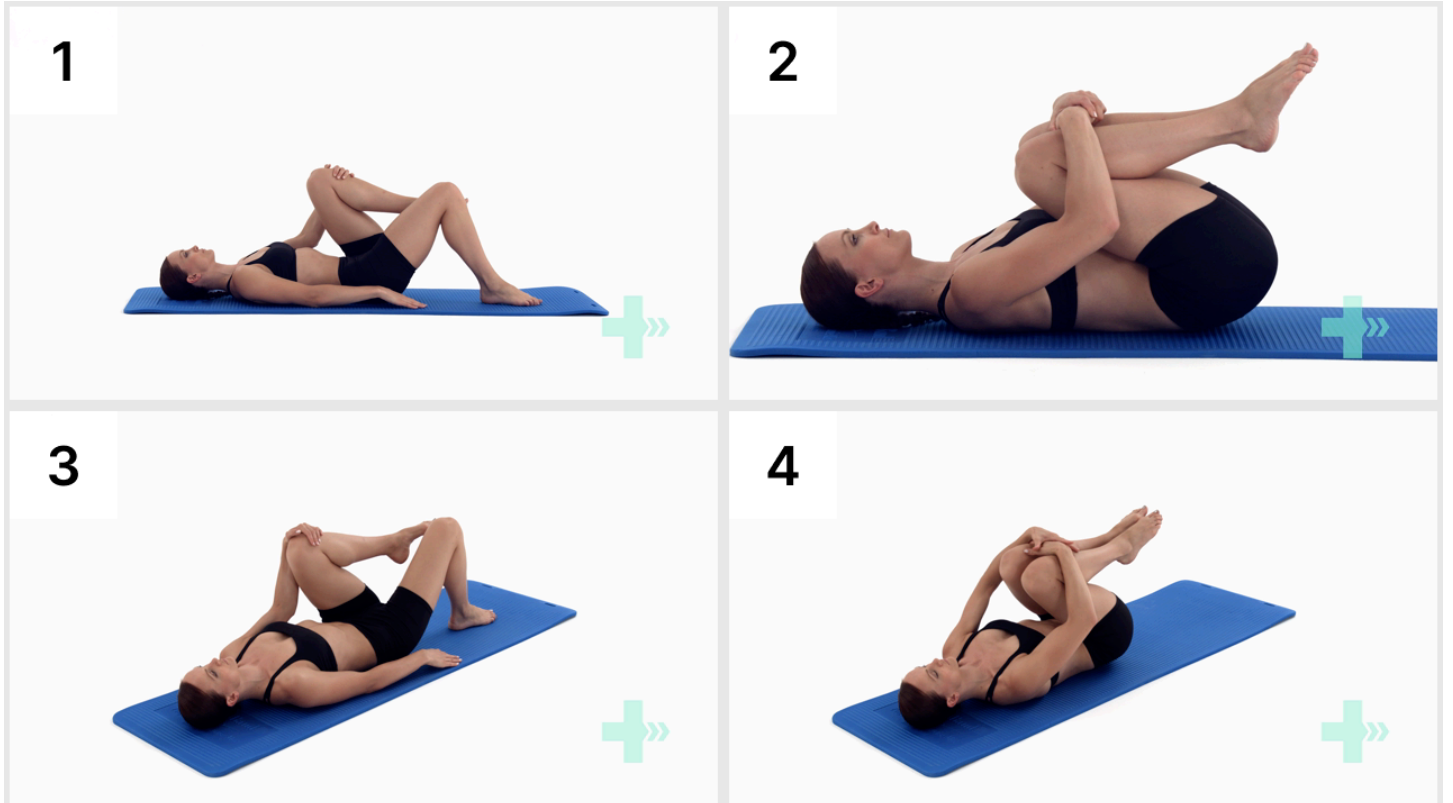


Lower Back Exercise Instructions

1. "Knee hugs" Hip/lumbar extensors stretch (bilateral), supine

3 Sets • 1 Rep • 10 s hold



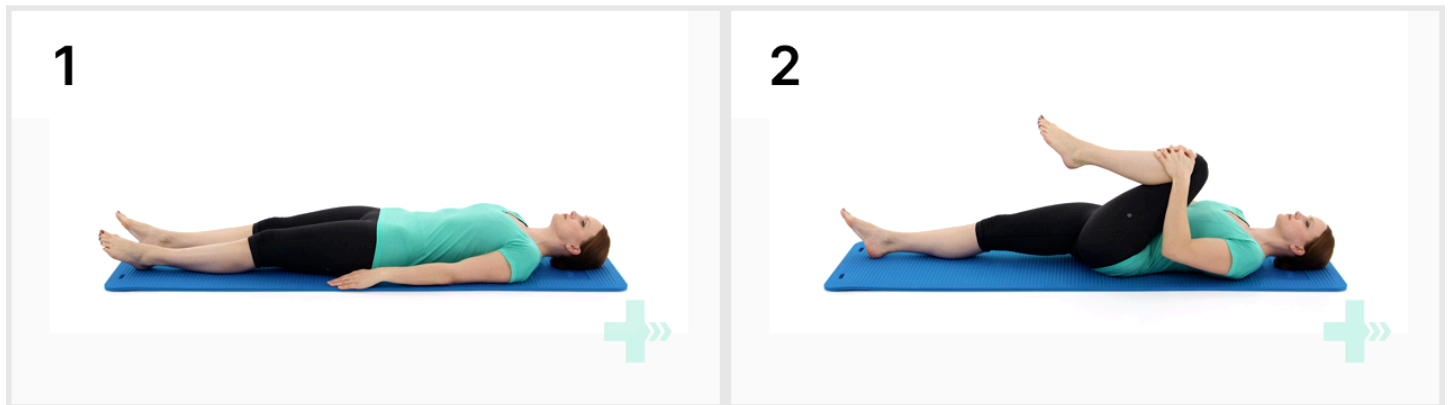
Lie on your back.

Draw one foot up and then the other.

Bring one knee in towards your chest and then the other, using your hands for assistance to curl yourself in to a ball.

2. "Knee hugs" Hip/lumbar extensors stretch, single leg, supine

3 Sets • 1 Rep • 10 s hold



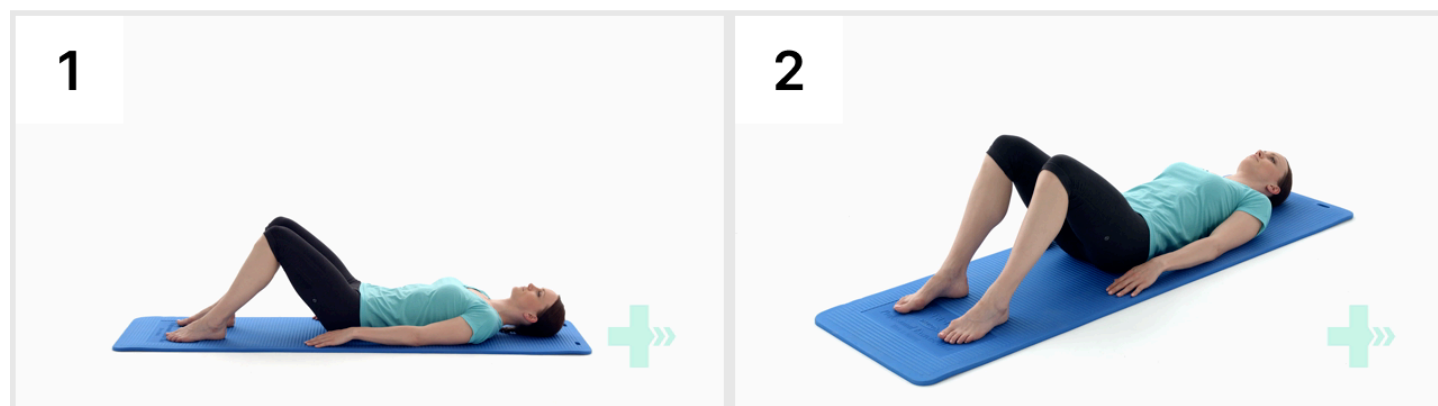
Lie on your back with both legs straight.

Bring one knee in towards your chest, using your arms on your shin to help with the movement.

At the point where you feel a stretch, hold this position.

3. Lumbar strengthening, supine

5 Sets • 1 Rep • 10 s hold



Lie on your back with your legs bent and feet flat on the floor.

Keep your legs hips width apart and gently put your hands above your head.

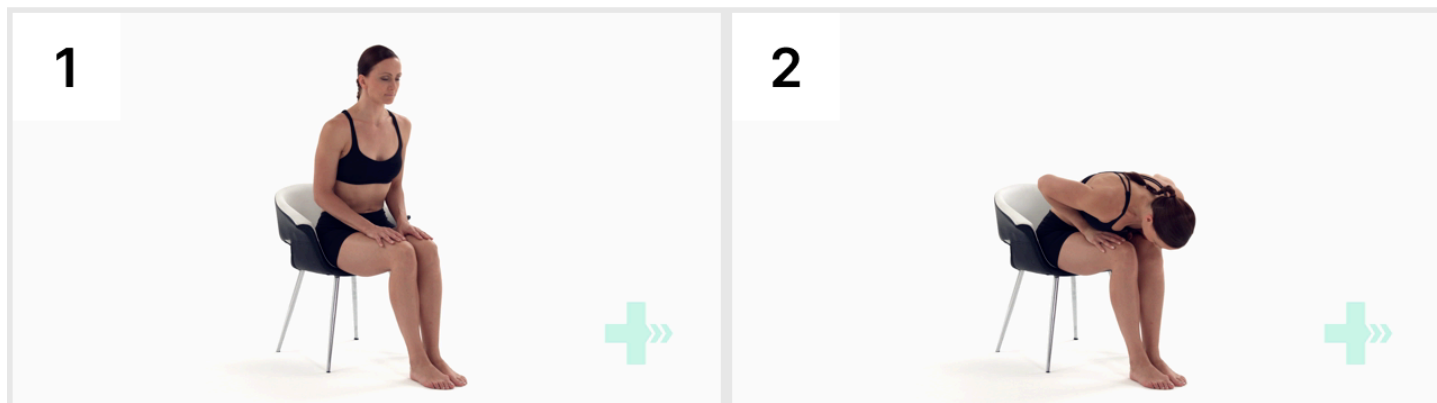
Focus on steady breathing throughout this sequence of exercises.

Tighten the muscles of your lower abdomen and your buttocks at the same time so as to flatten your back against the mat.

Hold this position for 10 seconds, then relax.

4. "Spinal roll down" Cervical/trunk extensors stretch, sitting legs together

3 Sets • 1 Rep • 5 s hold



Sit straight in a chair with your knees bent.

Fold at the hips, dropping your head down towards your knees.

You can use your arms to assist lowering your body down.

Return upright and repeat.



How to get along with your back

Sitting:

Use a hard chair and put your spine up against it; try and keep one or both knees higher than your hips. A small stool is helpful here. For short rest periods, a contour chair offers excellent support.

Standing:

Try to stand with your back flat. When you work standing up, use a footrest to help relieve swayback. Never lean forward without bending your knees.

Take note; Shoes with moderate heels strain the back less than those with high heels; Avoid platform shoes;

Sleeping:

Sleep on a firm mattress. If you have a soft mattress, put a bed-board (3/4" plywood) under it. Do not sleep on your stomach. If you sleep on your back, put a pillow under your knees. If you sleep on your side, keep your legs bent at the knees and hips.

Driving:

Sit close enough to the wheel while driving, so that your legs are not fully extended when you work the pedals.

Lifting:

Make sure you lift properly. Bend your knees and use your leg muscles to lift. Avoid sudden movements. Keep the load close to your body and try not to lift anything heavier higher than your waist.

Working:

Do not overwork yourself. If you can, change from one job task to another before you feel fatigued. If you work at a desk all day, get up and move around whenever you get the chance.

Exercise:

Get regular exercise (walking, swimming, etc.) once your backache is gone. But start slowly to give your muscles a chance to warm up and loose, before attempting anything strenuous.

See your doctor:

If your back acts up, see your doctor; do not wait until your condition gets severe.