

# BACK EXERCISES

Perform these exercises only as directed by your doctor. If you have any questions or concerns please call our office.



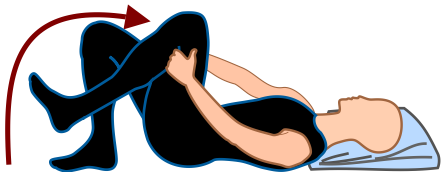
## HAMSTRING STRETCH

Lie on your back with knees slightly bent. Place your hands around your thigh, behind your knee and lift your leg until you feel the back of your leg stretch. Hold for a few seconds and return to the starting position.



## QUADRICEPS STRETCH

Stand at arm's length from the wall. Place your hand against the wall to steady yourself. Grab your left ankle with your left hand and slowly pull up towards your back until you feel your thigh stretch. Hold for a few seconds. Return to the starting position.



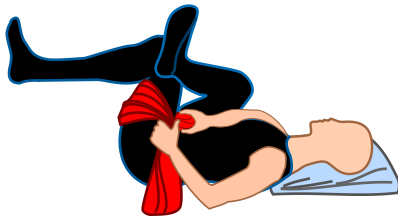
## KNEE TO CHEST STRETCH

Lie on your back with knees bent. Grab the back of your thigh and slowly pull towards your chest while keeping your feet flat on the ground. Continue to pull until you feel your buttock stretch. Hold for a few seconds and return to the starting position.



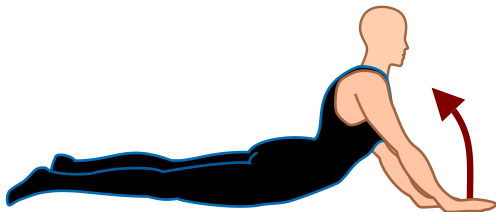
## WALL SLIDE

Stand with your back & head against the wall. make sure your feet are shoulder-width apart. Relax your shoulder & tighten your stomach. Slowly slide down until you feel the front of your thighs stretch. Hold for a few seconds. Return to the starting position.



## HIP ROTATOR STRETCH

Lie on your back with knees bent. Bring your right ankle over your left knee. Wrap a towel around the your left thigh. Grab both ends of the towel and pull slowly towards your chest. Hold for a few seconds and return to the starting position.



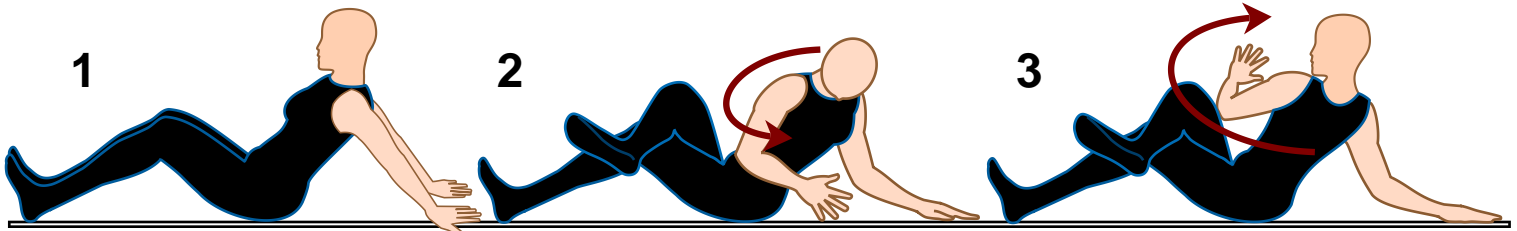
## PRONE PRESS-UP

Lie on your stomach with your feet apart. Rest your forehead on the floor. Push yourself up keeping your neck straight. Stop when you feel pressure on your lower back. Hold for a few seconds and return to the starting position.



## PARTIAL CURL-UP

Lie flat on your back with knees bent and feet flat on the floor and cross your hands over your chest. Tighten your stomach muscles and slowly lift your shoulders off the floor. Hold for a few seconds and return to the starting position.



## TRUNK TWIST (1,2,3)

Sit on the floor with knees bent and both arms behind your back to support you. Bring your right ankle over your left knee. Twist your trunk towards your left side. Hold for a few seconds and return to the starting position, then turn to your trunk to the right, hold for a few seconds. Repeat for the right side by bringing your left ankle over your bent right knee and slowly twisting to your right.