

Simple Back Exercises

Knee to chest (Lumbar Spine Flexion)



- Kneel down with your arms stretched out in front and head lowered
- Sit back onto your heels
- Hold 30 seconds x 2 x 3 times a day

Knee Rolling (Lumbar Spine Rotation)



- Lie on your back with your knees bent up and feet flat on the surface.
- Keep your knees together and roll them steadily from side to side.
- Repeat ten on each side, three times a day.
- Hold the last position for a 30 seconds each side

Pelvic Tilting



- Lie on your back with your knees bent up and your feet on the surface.
- Start by tilting your pelvis a little so your back arches a bit.
- Do not lift your buttocks up from the floor.
- Next press the small of your back down to the surface.
- This is a forward and backward motion.
- Repeat ten times, three times a day.

Both Knees to Chest (Lumbar Spine Flexion)



- Lie on your back, bend your knees up to your chest and hold with your hands
- Hold the position for 30 seconds at the top of the movement
- Repeat twice, three times a day.

Back Arching (Lumbar Spine Extension)



- Lie on your front.
- Push up with your arms and arch your back
- Repeat ten times, three times a day.
- Hold the last position for a 30 seconds

Forward Bending (Lumbar Spine Flexion)



- Slowly bend over as if you are trying to touch your toes.
- Then return to vertical position.
- Do not bounce, push or hold, just use smooth movements.
- Repeat ten times, three times a day

Side Bending (Lumbar Spine Side Flexion)



- Stand with your hands against the sides of your thigh.
- Slide one hand down the same thigh, bending to that side and avoiding any twisting
- Repeat ten times, three times a day

Back Arching (Lumbar Spine Extension)



- Move your hips forward
- Lean back as far as you can.
- Repeat ten times, three times a day

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