

# Back Strengthening Exercises



Here are some starter exercises to help strengthen your back muscles. They will enable you to exert close control over back stress and pain, while you build up initial muscle tone.

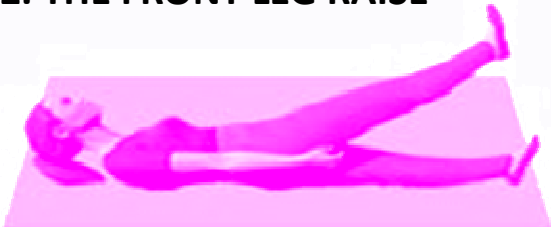
*“Do a little every day, not a lot every few days.”*

## 1. THE CURL



Lie on your back with your knees bent and feet flat on your bed or floor. Raise your knees toward your chest. Place both hands under your knees and gently pull your knees as close to your chest. Do not raise your head or straighten your legs as you lower them.

## 2. THE FRONT LEG RAISE



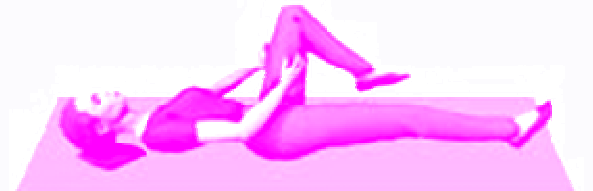
Lie on your back with your arms at your sides. Lift one leg off the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg. If that is too difficult, keep one knee bent and the foot flat on the ground while raising the leg.

## 3. THE BACK LEG RAISE



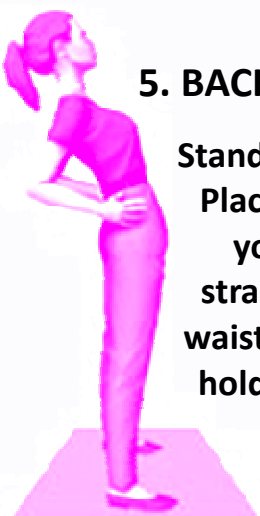
Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg.

## 4. KNEE CHEST



Lie on your back with both knees bent. Bring one knee to your chest and grasp it with both hands, pulling it as close to your chest as you can. Lower your knee back to starting position. Repeat with other leg.

## 5. BACK BEND



Stand with your feet slightly apart. Place your hands in the small of your back. Keep your knees straight. Bend backwards at the waist as far as is comfortable, and hold the position for one or two seconds.

## 6. PRONSE PRESS-UP



Lie on your stomach with your palms by your shoulders as if to do a push-up. Slowly push your shoulders up while keeping your pelvis in contact with the surface, back and buttocks relaxed. Slowly lower your shoulders.

Move cautiously for several repetitions and then move more vigorously as tolerated. Lock your elbows, exhale, and let your lower back sag while sustaining the up position for several seconds during the last few repetitions.

*“Do NOT persevere if it makes your back pain worse.”*