

Back Exercise Sheet

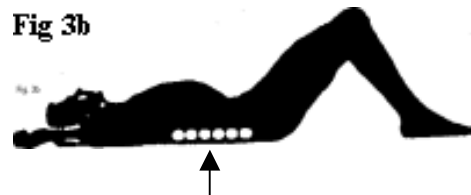
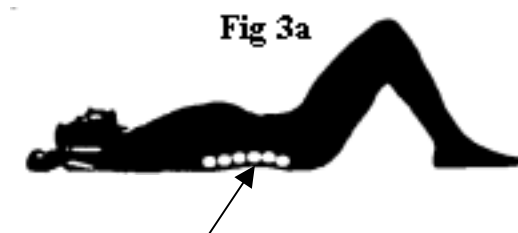
Lie on your back with your arms above your head and your knees bent. (fig 1a). Now move one knee as far as you can toward your chest and at the same time straighten out the other leg (fig 1b). Return to the original position (fig 1a) and repeat the movements switching legs. Relax and repeat the exercise.



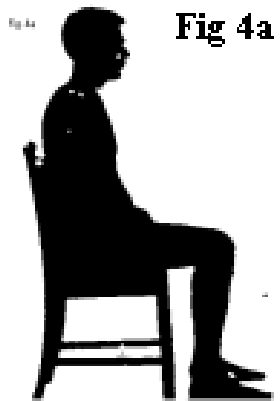
Lie on your back with a small pillow under your head, your arms at your sides and your knees bent (fig 2a). Now, bring your knees up to your chest, and with your hands clasped, pull your knees toward your chest (fig 2b). Hold for a count of 10, keeping your knees together and your shoulders flat on the mat. Repeat the pulling and holding movement three times. Relax and repeat the exercise.



Relax with your arms above your head and your knees bent (fig 3a). Now tighten the muscles of your lower abdomen and your buttocks at the same time so as to flatten your back against the mat. This is the flat back position (fig 3b). Hold the position for a count of 10. Relax and repeat the exercise.



Sit on a hard chair with your arms folded loosely in front of you (fig 4a). Let your body drop until your head is down between your knees (fig 4b). Pull your body back up into a sitting position while tightening your abdominal muscles. Relax and repeat the exercise.



Do not overdo exercising, especially in the beginning. Start by trying the movements slowly and carefully. Do not be alarmed if the exercises cause some mild discomfort which lasts a few minutes.

If the pain is more than mild and lasts more than 15 to 20 minutes, STOP and do no further exercises until you see your doctor.

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