

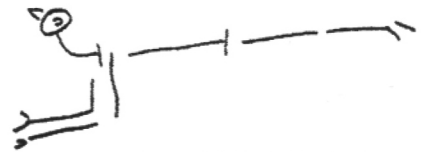


FITNESS & REHAB FORUM

Back Exercises



On your 4 legs, pull your tummy in and hold an upward curve ____ counts* ____ sets



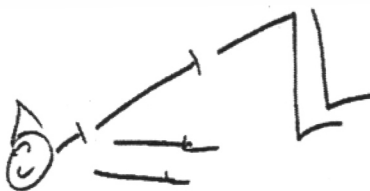
Lie on your tummy, prop yourself with forearm and lift your head and shoulder and hold ____ counts* ____ sets



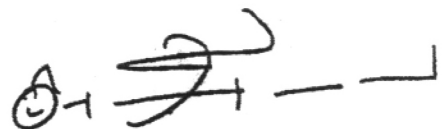
On your 4 legs, relax your tummy and hold a downward curve ____ counts* ____ sets



Lie on your back. Rotate pelvis upward and hold ____ counts* ____ sets



Lift your pelvis up, use your hands to support and hold ____ counts* ____ sets



Pull one knee towards chest, keep other leg straight and hold ____ counts* ____ sets



FITNESS & REHAB FORUM

TIPS TO AVOID / MANAGE YOUR BACK PAIN !

Standing

Have a soft knee, stand at ease. Wear comfortable footwear.

Keep tummy tucked, imagine you being lifted from the top.

Avoid heels, don't slouch.

Walk / sit briefly if you are standing for more than 15 minutes

Sitting

Avoid over soft / bucket shaped, bean bags, very low chairs.

Pull seat closer to the wheel, while driving and tilt the back rest back slightly.

Make sure there is enough seat length, sit back keep your thighs supported and make sure the knee is at the level/slightly below hip.

Take a 2 minutes walk, every 45 minutes to sitting.

Sleeping

Good supportive mattress, not necessarily a HARD ONE – FIRM is right.

Avoid lying on your stomach.

Sleep on sides with pillow in between knees or on your back with pillow under your knee.

Don't spring off the bed. Turn to the side and get up, using the hands.

Lifting

Tuck in your tummy and buttocks slightly while standing and waking.

Stand close to the object, bend at hip and knees, not at the waist.

Hold the object close to your body and let your legs carry the weight.

Apply ice/hot pack, 15-20 minutes, 2-3 times a day as advised by your physio / doctor.

Don't

Avoid anything that hurts your back including your exercises!!