

GENERAL LOW BACK HOME EXERCISE PROGRAM

Hooking Single Knee to Chest Stretch

Reps: 10 Sets: 1 Hold (sec): 10 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin lying on your back with your knees bent and feet flat on the floor.

Movement

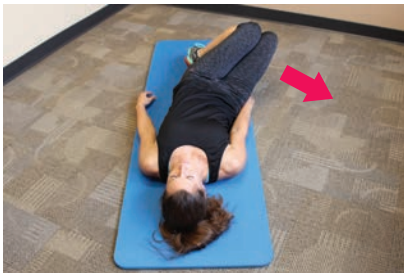
Gently pull one knee toward your chest and hold. Repeat on opposite side and return to starting position.

Tip

Make sure to keep your low back flat on the floor during the exercise.

Supine Lower Trunk Rotation

Reps: 10 Sets: 1 Hold (sec): 10 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

Make sure that your back and shoulders stay in contact with the floor.

Supine Double Knee to Chest Advanced

Reps: 10 Sets: 1 Hold (sec): 10 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin lying on your back with your knees bent and feet resting flat on the floor.

Movement

Using your hands, slowly pull your knees toward your chest until you feel a gentle stretch in your lower back. Repeat.

Tip

Make sure to keep your back relaxed during the activity.

Supine Posterior Pelvic Tilt

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin by lying on your back with your knees bent and feet resting on the floor.

Movement

Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

Supine Bridge

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

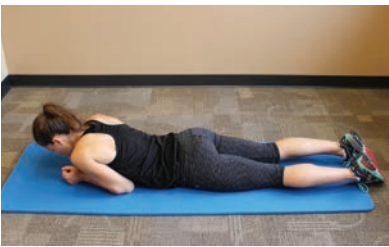
Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Prone Press Up on Elbows

Reps: 10 Sets: 1 Hold (sec): 10 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin lying on your stomach, resting on your elbows low to the ground.

Movement

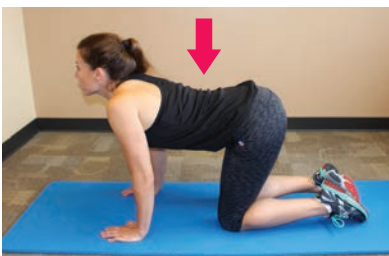
Push up on your elbows, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

Cat-Camel

Reps: 10 Sets: 1 Hold (sec): 10 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

Slowly round your back up toward the ceiling, then let it sag down to the floor and repeat.

Tip

Keep your movements slow and controlled. Make sure to use your entire back for the motion.