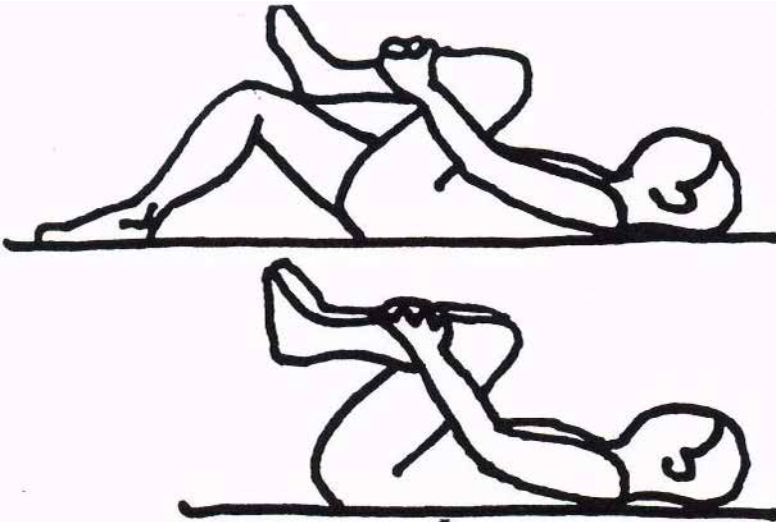


Home Exercises Back

SINGLE KNEE TO CHEST



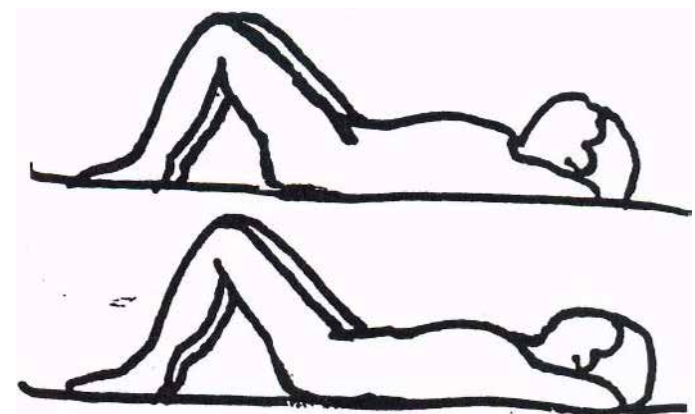
This exercise will help to limber and stretch your back muscles. Lie flat on the floor with your knees bent and your feet flat on the floor. Raise one knee to your chest and hold for 5 seconds. Repeat with the other leg. Raise both legs to the chest at the same time. Repeat this several times until your back is limber.

PELVIC TILT



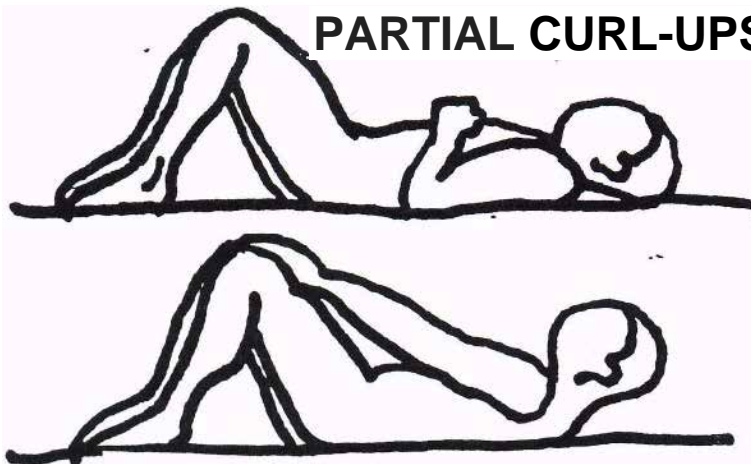
This exercise will help to strengthen the muscles in your back to maintain correct posture. Lie flat on the floor with knees bent and feet flat. Tighten the stomach muscles to flatten your back against the floor. Hold for five seconds. Repeat several times.

GLUTEAL SETS



This exercise will strengthen your buttock muscles and help to stabilize your back and pelvis. Lie flat on the floor with your knees bent and your feet flat on the floor. Tighten your buttock muscles and hold for 5 seconds. Be sure to keep your lower back flat on the floor. Repeat 5 times.

PARTIAL CURL-UPS



This exercise will strengthen the muscles in your stomach. Lie flat on your back with both knees bent and your feet flat on the floor. Rest your arms across your chest or stomach. Tighten your stomach muscles (feel the tightening with your hands), and lift your shoulder blades off