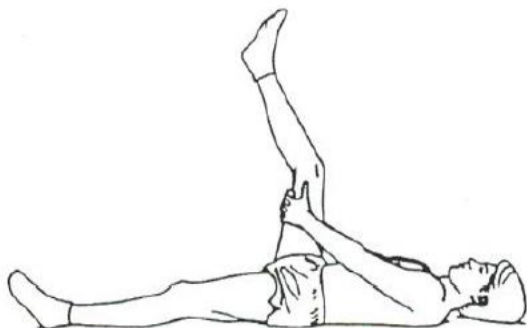
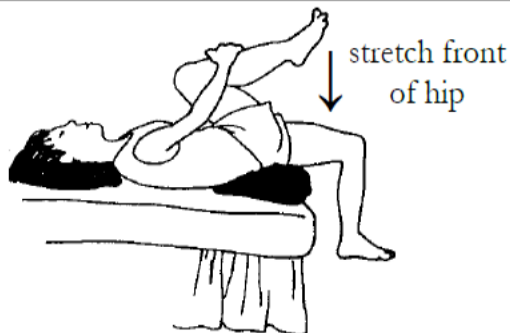




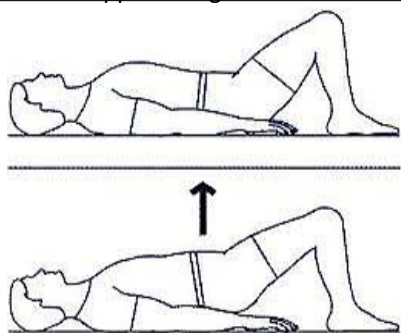
R.L JALAPPA HOSPITAL AND RESEARCH CENTER.
DEPARTMENT OF PHYSIOTHERAPY
LOW BACK EXERCISES



Lying on floor, pull thigh towards your chest to about 90°
 Straighten your knee until a stretch is felt in back of thigh. Hold 1
 minute. Repeat with opposite leg.



Lying on you back, pull one knee to the chest to keep the back
 flat. Allow the opposite thigh to drop over the edge of the bed.
 Do not allow the thigh to move away from the midline or rotate.
 Hold 30 seconds. Repeat 2 times each leg.



Pelvic Bridging: Lying on your floor with knees bend to 90°, Keep pelvis, hips and legs relaxed. If propping on elbows is
 Keeping your arms parallel to body gently lift your hip up. Hold
 __secs and relax. Repeat __ times.



On firm surface, lying on your stomach, prop up on your elbows.
 If propping on elbows is
 painful, try only lying on stomach or with a pillow under your
 abdomen. Hold 30 seconds. Repeat 3-5 times.



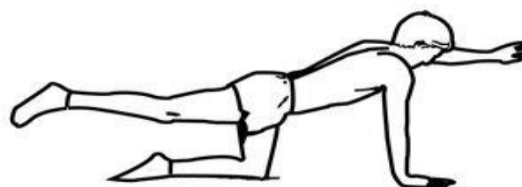
Flatten back by tightening stomach and buttock muscles. Hold _
 seconds. Repeat __ times.



Slowly rock knees from side to side in a pain free range of
 motion. Allow back to rotate slightly. Repeat __ times.



Cat camel exercise: On all fours, assume a "hump" back position
 by arching the back up. Hold briefly and then slowly lower the
 back into a sagging position. Repeat __ times.



Raise one arm to shoulder level as the opposite leg lifts
 simultaneously off the floor extending to hip level. Hold for 4
 seconds and return to the start position and alternate sides.
 Perform __ sets of __ repetitions

