

Back Exercises

Back exercises help treat and prevent back injuries. The goal is to increase your strength in your belly (*abdominal*) and back muscles. These exercises can also help with flexibility. Start these exercises when told by your doctor.

HOME CARE

Back exercises include:

Pelvic Tilt.

- Lie on your back with your knees bent. Tilt your pelvis until the lower part of your back is against the floor. Hold this position 5 to 10 sec. Repeat this exercise 5 to 10 times.

Knee to Chest.

- Pull 1 knee up against your chest and hold for 20 to 30 seconds. Repeat this with the other knee. This may be done with the other leg straight or bent, whichever feels better. Then, pull both knees up against your chest.

Sit-Ups or Curl-Ups.

- Bend your knees 90 degrees. Start with tilting your pelvis, and do a partial, slow sit-up. Only lift your upper half 30 to 45 degrees off the floor. Take at least 2 to 3 seconds for each sit-up. **Do not** do sit-ups with your knees out straight. If partial sit-ups are difficult, simply do the above but with only tightening your belly (*abdominal*) muscles and holding it as told.

Hip-Lift.

- Lie on your back with your knees flexed 90 degrees. Push down with your feet and shoulders as you raise your hips 2 inches off the floor. Hold for 10 seconds, repeat 5 to 10 times.

Back Arches.

- Lie on your stomach. Prop yourself up on bent elbows. Slowly press on your hands, causing an arch in your low back. Repeat 3 to 5 times.

Shoulder-Lifts.

- Lie face down with arms beside your body. Keep hips and belly pressed to floor as you slowly lift your head and shoulders off the floor.

Do not over do your exercises. Be careful in the beginning. Exercises may cause you some mild back discomfort. If the pain lasts for more than 15 minutes, stop the exercises until you see your doctor. Improvement with exercise for back problems is slow.

Document Released: 01/20/2012 Document Revised: 08/29/2012 Document Reviewed: 01/20/2012

ExitCare® Patient Information ©2012 ExitCare, LLC.

Copyright © MD Consult 2012
Adult Health Advisor

Copyright © 2013 [Elsevier Inc.](http://www.elsevier.com) All rights reserved. - www.mdconsult.com

For more articles, visit our website at www.plateaupediatrics.com.



www.facebook.com/PlateauPeds



@PlateauPeds