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BACK EXERCISE PROGRAM

Here are a few important suggestions for a successful back exercise program:

- If you are recovering from a back problem, follow only the exercises your doctor has recommended to avoid possible further injury.
- These exercises, done regularly, will help you keep a healthy back.
- Exercise every day. Reserve 10 minutes each day, preferably 5 minutes in the morning and 5 at night.
- Don't exercise if you are having pain. Don't overdo it. Consult your physician if you experience pain while exercising.
- Begin your exercises in the starting position with a warm-up period lasting 2-3 minutes: loosen up by moving your arms and legs alternately tightening and relaxing your muscles.



Any therapeutic exercise program should be gradual. Check with your doctor for instructions on any necessary program changes.

Knee-to-Chest Raise



To help loosen up a stiff back:
A. Take starting position. B. Raise right knee to chest. C. Hold, count to five. D. Repeat 5 times.
E. Repeat steps A-D with left leg. F. Repeat steps A-D with both legs. ***Don't lift legs with arms or hands.

Pelvic Tilt



To strengthen front and back muscles, reducing swayback:
A. Take starting position. B. Firmly tighten buttock and abdominal muscles, lifting buttock off floor. C. Hold, count to five. D. Relax buttocks. Repeat 5 times.

Single Leg Raise



To help limber up, stretch hamstring:
A. Take starting position. B. Slowly raise right leg as high as you comfortably can. C. Hold, count to five. D. Return to floor. E. Repeat 5 times. F. Repeat steps A-E with left leg. ***Don't swing legs up fast or use hands to help.

Half Sit-ups



To strengthen abdominal and back muscles:
A. Assume starting position. B. Slowly raise head and neck to top of chest. C. Reach both hands forward, place on knees. D. Hold, count to five. E. Slowly return to starting position. F. Repeat 5 times. ***Keep mid and low back flat on floor.

Hip Hyperextension



ADVANCED EXERCISE (Be sure to check with doctor!) To stretch, strengthen hip, buttock and back muscles:
A. Lie on stomach as pictured. B. Stiffen left leg straight. C. Slowly raise leg from hip. D. Return leg to floor. E. Repeat 5 times. F. Repeat steps A-E with right leg. ***Don't lift pelvis to raise leg. Keep leg straight.