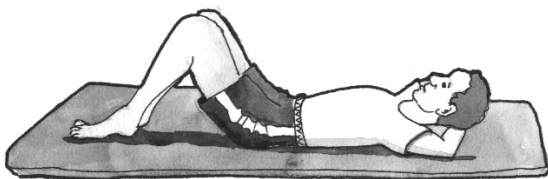


# Back Exercises

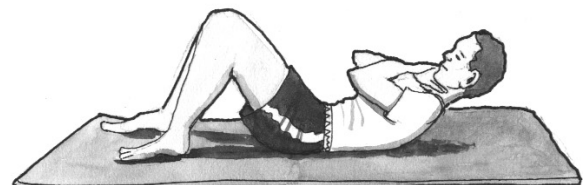
**Making  
Your  
Back  
Work  
for You**

Back exercises strengthen the back and help protect you from accidental injury. Do these exercises daily and you'll be doing your back a favor.



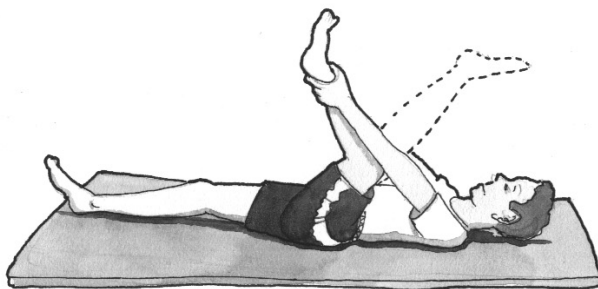
## Pelvic Tilt

- Lie on your back with knees bent and feet flat on the floor.
- Slowly tighten your stomach and buttocks as you press your lower back onto the floor.
- Hold for 10 seconds and relax.
- Repeat the sequence five to 10 times.



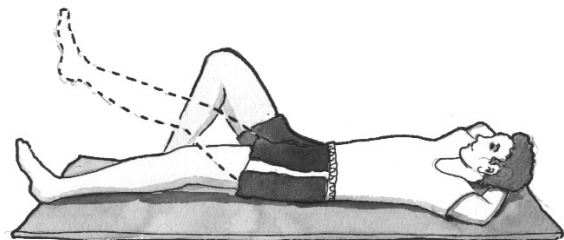
## Bent-Knee Sit-Ups

- Lie on your back with knees bent, feet flat and your lower back pressed into the floor (pelvic tilt).
- Cross your arms across your chest (or lace your fingers behind your head).
- Tighten your stomach muscles and slowly raise your shoulders off the floor. Do not curl your head forward.
- Hold for 10 seconds, then return to your starting position.
- Repeat five to 10 times.



## Hamstring Stretch

- Lie on your back with one leg straight in front of you and the other bent.
- Press your lower back into the floor.
- Pull the knee of the bent leg as far into your chest as you can.
- Holding the ankle of the bent leg, slowly try to straighten the leg.
- Hold for 10 seconds and relax.
- Repeat five to 10 times.
- Repeat the sequence with the other leg.



## Leg Lift

- Lie on your back with one leg straight in front of you and the other bent.
- Press your lower back into the floor.
- Slowly raise the straight leg as far as you can.
- Hold for 10 seconds and relax.
- Repeat five to 10 times.
- Repeat the sequence with the other leg.

*See your doctor before starting any exercise program.*

**LIFTING & MOVING MATERIAL**