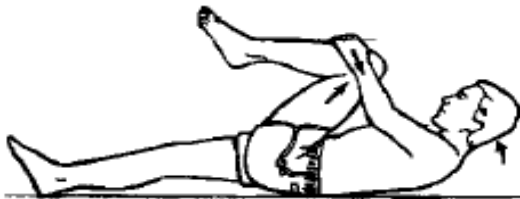


## Back Pain

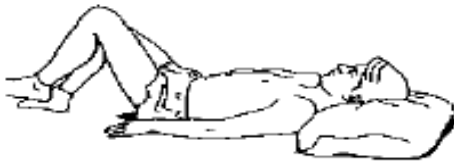
Back exercises and stretches: Choose 5 from the 10 listed below (skip any that cause an increase in your pain before or after the exercise. It's okay to do the same 5 each day or to choose a different 5 each day.



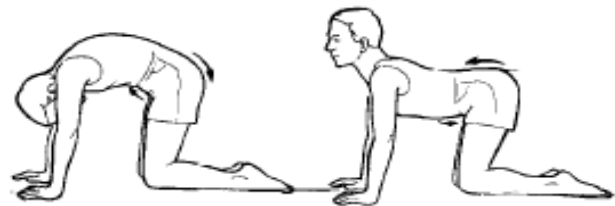
1. **Single Knee to Chest:**  
Pull one knee to your chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee. Hold 2 seconds. Repeat 10 times, each side.



2. **Double Knees to Chest:**  
Pull one knee to the chest, then bring the other knee to the chest and pull until you feel a comfortable stretch in the lower back and buttocks. Hold 2 seconds. Repeat 10 times, each side.



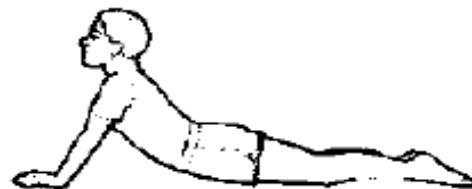
3. **Hook Lying Leg Lifts:**  
Tighten stomach muscles to keep trunk rigid and slowly raise one leg 1 to 2 inches from the floor. Hold 3 seconds then slowly lower, keeping trunk rigid. Repeat 15 times, alternating R and L leg. Do 3 sessions per day.



4. **Cat / Camel Stretch:**  
Tuck chin and tighten stomach rounding back. Let your stomach drop down and your back arch. Repeat 15 times, 3 sets.



5. **Pelvic Tilt:**  
Flatten back by tightening stomach muscles and buttocks. Hold 10 seconds. Repeat 10 times.



6. **Press-up:**  
Press upper body upward into position shown, keeping hips in contact with floor. Keep low back and buttocks relaxed. Hold 1 second, then return to the start position. Repeat 10 times.



**7. Bridging:**

Start in pelvic tilt position, lift your pelvis up and hold for 2-3 seconds, repeat. Progress to alternately extending your legs from the bent position while holding the pelvis level. This exercise focuses on the lower back and pelvis.

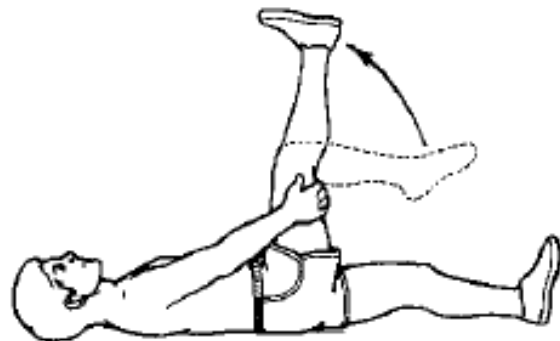


**8. Prone Opposite Arm and Leg Lift:** Simultaneously raise locked leg and opposite arm 6 to 8 inches from floor. Hold 1 second. Repeat 10 times, each side.



**9. Quadriceps Stretch:**

Lie on your side. Pull heel in toward buttocks until a comfortable stretch is felt in front of thigh. Hold 15-30 seconds. Do 3 times each side.



**10. Active Hamstring Stretch**

Support back of thigh behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold 3 seconds. Repeat 10 times, each side.

Disclaimer: The following resources have been made available to you by the 25<sup>th</sup> ID. Please use extreme caution when performing exercises as the potential for increased pain, bodily injury, or even death does exist. If in doubt, please seek further medical attention to avoid any problems. These resources are only guides and are not a prescription of any kind.