

Back Rehabilitation Exercises

BACK - 1 Prone on Elbows



can do quad w/ both sides
Lift with lower back
Arms by side but not touching side
Lift legs also

Raise up on elbows as high as possible, keeping hips on floor. Hold 15 seconds. Repeat 2-3 times. Do 3 sessions per day.

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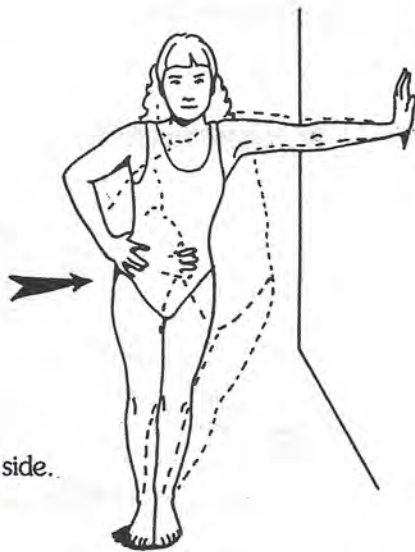
BACK - 2 Press-Up



Press upper body upward into position shown, keeping hips in contact with floor. Keep low back and buttocks relaxed. Hold 15 seconds. Repeat 2-3 times. Do 3 sessions per day.

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BACK - 6 Wall Lean Stretch



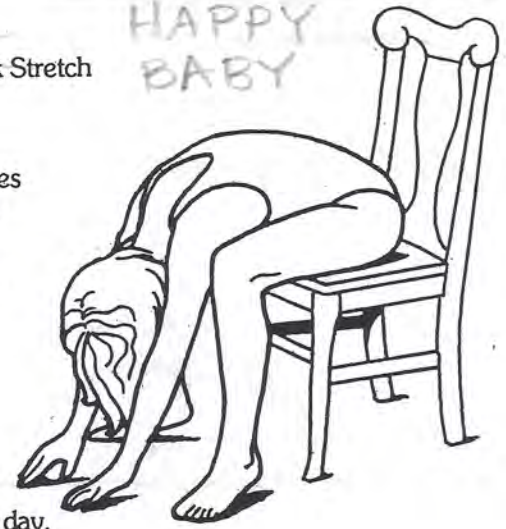
With arm against wall, slowly stretch hips toward wall with other arm supporting trunk.

Hold 15 seconds. Relax. Repeat 2-3 times on each side. Do 3 sessions per day.

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BACK - 17 Seated Low Back Stretch

HAPPY BABY



Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back.

Hold 15 seconds. Repeat 2-3 times. Do 3 sessions per day.

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BACK - 18 Single Knee to Chest Stretch



keep hips level
leg straight

Pull one knee in to chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee. Hold 15 seconds. Repeat 2-3 times on each side.

Do 3 sessions per day

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BACK - 19 Double Knee to Chest Stretch



lengthen neck

Pull both knees in to chest until a comfortable stretch is felt in lower back. Keep back relaxed. Hold 15 seconds. Repeat 2-3 times.

Do 3 sessions per day.

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Child's Pose

BACK - 20 Mid Back Stretch

- Big toes touch
- knees wider than hip-width
- Forehead on floor
- Neck straight



→ Reach arms forward and reach butt back @ same time

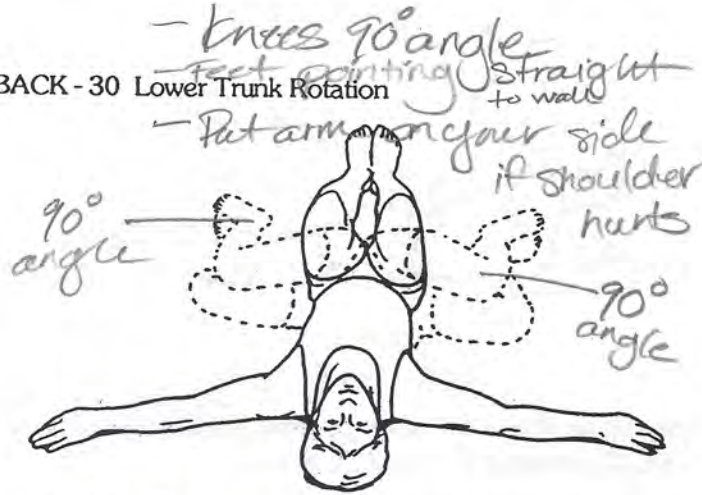
Push chest toward floor, reaching forward as far as you can.

Hold 15 seconds. Repeat 2-3 times.

Do 3 sessions per day.

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BACK - 30 Lower Trunk Rotation



Bring both knees in to chest. Rotate from side to side keeping knees together and feet off of floor.

Hold 15 seconds. Repeat 2-3 times on each side.

Do 3 sessions per day.

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BACK - 32 Quadriceps Stretch



Pull heel in toward buttocks until a comfortable stretch is felt in front of thigh.

Hold 15 seconds. Repeat 2-3 times on each side.

Do 3 sessions per day.

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BACK - 33 Hamstring Stretch



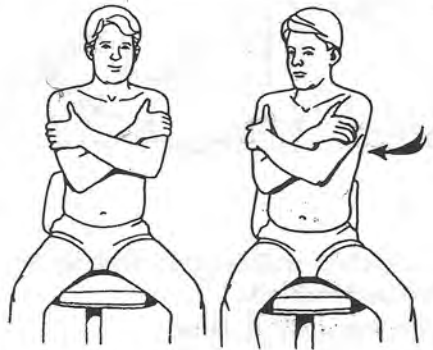
Reach down along leg until a comfortable stretch is felt in back of thigh. Be sure to keep knee straight.

Hold 15 seconds. Repeat 2-3 times on each side.

Do 3 sessions per day.

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BACK - 37 Lumbar Rotation in Sitting



gently rotate trunk side to side in a small, painfree range of

BACK - 44 Standing Backward Bend



Arch backward to make hollow of back deeper.

Hold 15 seconds.

Repeat 3 Repetitions/set.

Do 2 Sets/session