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Exercises

Exercise can be the key to your recovery, as well as a good prevention against future pain. Our physicians have developed an exercise routine with easy explanations and diagrams to help you follow them properly. The purpose of these exercises is to promote flexibility and strengthen the spinal musculature.

Low Back Exercises

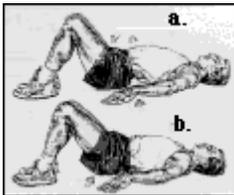
Unless instructed otherwise, perform each exercise 1 to 5 repetitions, twice each day. Gradually increase your workout to 10 repetitions twice a day. Use slow, smooth actions as you exercise. If you feel any discomfort while doing the exercises, stop immediately and contact your physician. Stop any exercise that increases back pain or causes tingling, numbness, or weakness in your legs.

Double knee-to-chest stretch

- Lie down on back.
- Pull both knees in to chest until you feel a comfortable stretch in lower back.
- Keep the back relaxed.
- Hold for 45 to 60 seconds.



Pelvic tilt exercise



- Lie on back with knees bent, feet flat on floor, and arms at sides (a)
- Flatten small of back against floor. (Hips will tilt upward.) (b)
- Hold for 10 to 15 seconds and release. Gradually increase your holding time to 60 seconds.

Lower trunk rotation stretch

- Lie on back.
- Keeping back flat and feet together, rotate knees to one side.
- Hold for 45 to 60 seconds.



Curl-up exercise



- Lie on the floor on back.
- Keeping arms folded across chest, tilt pelvis to flatten back. Tuck chin into chest.
- Tighten abdominal muscles while raising head and shoulders from floor.
- Hold for 10 seconds and release.
- Repeat 10 to 15 times. Gradually increase your repetitions.

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Trunk flexion stretch

- On hands and knees, tuck in chin and arch back.
- Slowly sit back on heels, letting shoulders drop toward floor.
- Hold for 45 to 60 seconds.



Alternate arm-leg extension exercise



- Face floor on hands and knees.
- Raise left arm and right leg. Do not arch neck.
- Hold for 10 seconds and release.
- Raise right arm and left leg. Do not arch neck.
- Hold for 10 seconds and release.

Prone Lumbar Extension

Purpose: To extend your lower back.

- Lie on your stomach and place your hands on the floor near the sides of your head.
- Slowly push your upper body off the floor by straightening your arms, but keep your hips on the floor. Hold for 10 seconds, then relax your arms, moving back to the floor.



Alternate leg extension & Hamstring stretch while standing

- Stand on right leg with left leg on table/chair.
- Stretch hamstring by slowly bending right knee.
- Hold for 30-45 sec.
- Repeat with other leg.



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