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 **St. Francis Physical Therapy**
3220 Bridge St, Suite 111
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Guidelines for Basic Exercises for the back

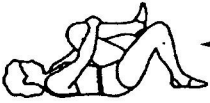
- Perform all exercises slowly until you reach number of times.

Exercise 1



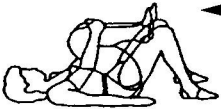
- Flatten back while tightening stomach and buttock muscles. Hold for a count of five. Repeat 10 times.

Exercise 2



- With hands behind one knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Hold for a count of five. Return to starting position. Repeat 10 times with each knee.

Exercise 3



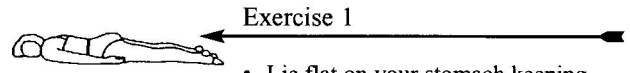
- With hands behind knees, pull both knees into chest until a comfortable stretch is felt in lower back and buttocks. Hold for a count of five. Repeat 5 times.

Exercise 4

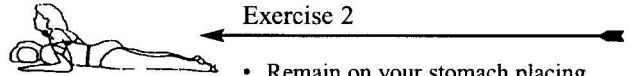


- Keeping back flat and feet together, rotate knees to one side. Hold 10 seconds. Repeat 5 times each side.

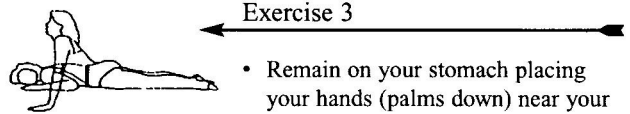
*** For pain mostly with sitting and bending:**



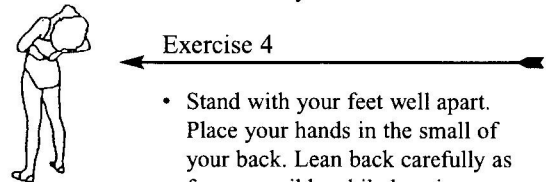
- Lie flat on your stomach keeping muscles relaxed. Place your arms beside your body. Hold position for 5 minutes.



- Remain on your stomach placing your elbows under your shoulders. Gently push yourself up to rest on your elbows and forearms. Hold for 3-5 minutes as tolerated, then lower back to starting position.



- Remain on your stomach placing your hands (palms down) near your shoulders. Press the top half of your body up by straightening your arms, while the bottom half of your body remains on the floor. Return to starting position slowly. Repeat 10 times slowly.



- Stand with your feet well apart. Place your hands in the small of your back. Lean back carefully as far as possible while keeping your knees straight. Return to starting position. Repeat 10 times.