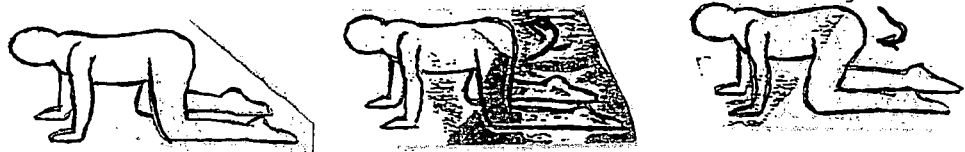


# EXERCISE FOR A BETTER BACK

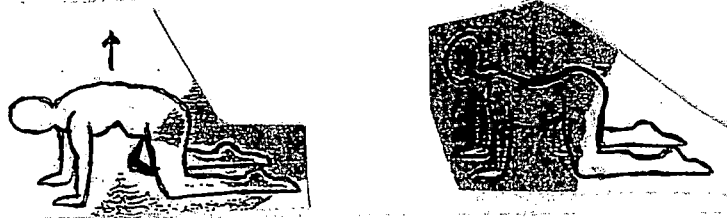
## SPINAL MOBILITY EXERCISES - PERFORM DAILY

These exercises should be carried out slowly and deliberately. If you have pain when you perform any of them, limit the particular exercise movement so you are comfortable. If you feel pain when you start any movement, then it should not be carried out.



Starting position for all exercises is on all fours. Hands should be placed shoulder width apart, arms and thighs vertical. Use an exercise that if you have one.

Swing your back from side to side in a controlled manner. Repeat 10 times.



Arch the back, at the same time, look down at the floor. Then lower the stomach towards the floor, hollowing the back and at the same time look up to the ceiling. (If you are pregnant you should not do the second part of this exercise hollowing your back, instead keep your back straight) Repeat 10 times.

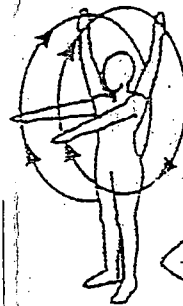


Sit back on your haunches, lower the body forward and down so that the nose goes as close to the ground as comfortably possible. Move forward, running your nose along the ground as far as you can before coming upright and repeating. Repeat 10 times.

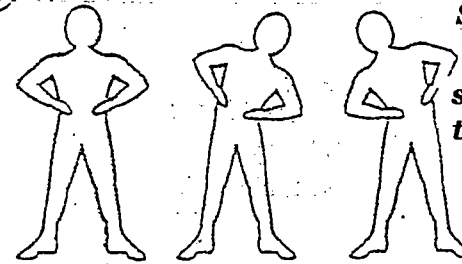
## UPRIGHT MOBILITY EXERCISES - PERFORM DAILY

Only progress to the exercises on this page when the spinal mobility exercises are pain free.

For standing exercises, keep your upper leg and stomach muscles contracted, maintain the natural curves in the spine and stand with your knees slightly bent.



Arm swinging: Start with your feet hip width apart, arms loosely by your sides. Raise both arms forward, upwards, backwards and sideways in a circular motion, brushing your ears on the way. Repeat 10 times.



Side bends: Start with your feet hip width apart, hands on hips. Bend slowly to the left and then slowly to the right. Do not tilt forward. Repeat 10 times.

## FLEXIBILITY EXERCISES - PERFORM DAILY →



Trunk rotators: Sitting cross legged, twist your shoulders around and place your hand on the floor behind you. Place your left arm outside of your right knee. Twist towards the right and hold for 5 seconds using your left arm as a lever against the knee. Repeat 5 times to each side.

## BASIC LOW BACK EXERCISES - PERFORM ALTERNATE DAYS

Half or one third squats: Feet hip width apart, fold your arms in front of your chest at shoulder height. Bend your knees until your thighs are halfway down to being parallel with the ground (one third squats) return to the upright position and progress to having your thighs parallel to the ground but never deeper than half a squat. Breathe out on the way down, in on the way up. Repeat this 5 times and gradually increase to 10.

