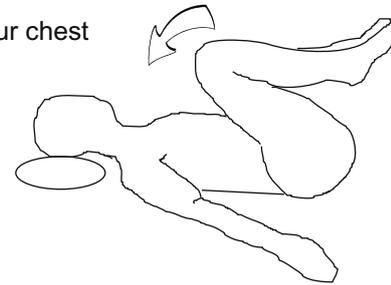


## LOW BACK STRENGTH EXERCISES

### Number 1:

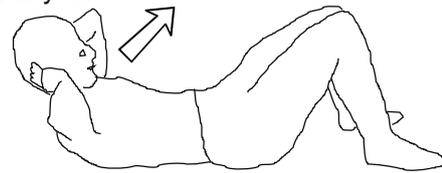
1. Lie on your back with a pillow under your head and knees bent
2. Keeping both hands on the floor, raise each knee separately towards your chest
3. Now use your tummy muscles to pull both knees towards your chest  
(The knees should only move 2-3 inches)  
Lower the legs back into the starting position **One at a time!**



Repeat  
times per day

### Number 2:

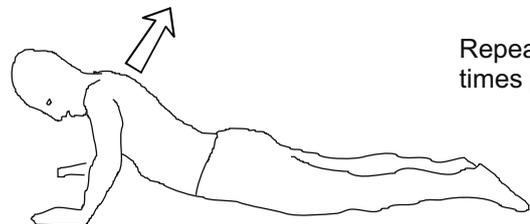
1. Lie on your back with a pillow under your head and both knees bent
2. Press your low back to the floor by tilting your pelvis (suck in your belly)
3. Touch both hands to the side of your head (never behind)
4. Now raise the top half of your body from the waist a few inches (don't pull your head forward)  
**keep your back pressed to the floor throughout.**
5. Lower slowly to the floor before repeating



Repeat  
times per day

### Number 3:

1. Lie face down with your hands flat either side of your head
2. Gently use your arms to raise your upper body - not too far!  
(Keep your back relaxed)  
**This should not cause pain in the lower back.**
5. Exhale in this position then lower slowly to the floor  
(Use your arm muscles not your back muscles)

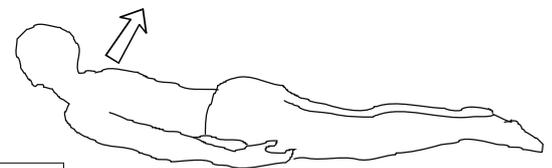


Repeat  
times per day

If recommended, hold in the arched position for  seconds

### Number 4:

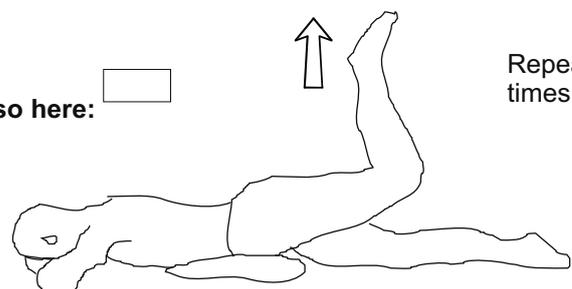
1. Lie face down with your hands palm upwards by your sides  
**Put a pillow under your abdomen if you are advised to do so here:**
2. Now raise the upper half of your body **slightly** - do not use your arms to help  
(This can feel more balanced if you have your legs slightly apart)
3. Lower slowly before repeating



Repeat  
times per day

### Number 5:

1. Lie face down with your hands either side of your head  
**Put a pillow under your abdomen if you are advised to do so here:**
2. Now bend one knee and raise it 3 inches from the floor
3. Do the same with the other leg  
**Do not try this movement with both legs at once!**



Repeat  
times per day