

LOOSEN THE LOAD

BACK EXERCISES

Read each exercise through before you start. Move smoothly, breathe normally, and repeat as your provider directs.

IF YOU FEEL PAIN, STOP. IF IT PERSISTS, TELL YOUR PROVIDER.



01 HAMSTRING STRETCH

1. Lie on your back with both knees bent. Loop a towel around one leg, just behind the knee.
2. Raise that leg and pull gently on the towel, straightening the knee until you feel a pull behind the thigh. Hold 30 seconds, then lower it.
3. Repeat as comfortable, then change sides.

TAKE CARE · Pillow under your head. Other knee bent, foot flat.



03 KNEE-TO-CHEST

1. Lie on your back with both knees bent and your feet flat on the floor.
2. Take hold behind one thigh and bring that knee slowly up toward your chest, leaving the other foot planted. Hold 30 seconds, then lower it.
3. Repeat as comfortable, then change legs.

TAKE CARE · A small pillow keeps your neck neutral.



02 HIP ROTATOR STRETCH

1. Lie on your back with both knees bent, then rest one ankle on the opposite knee.
2. Loop a towel behind the lower thigh and pull that knee gently toward your chest. The stretch belongs in the buttock of the crossed leg. Hold 30 seconds.
3. Repeat as comfortable, then change sides.

TAKE CARE · Pillow under your head. Keep your back and hips flat on the floor.

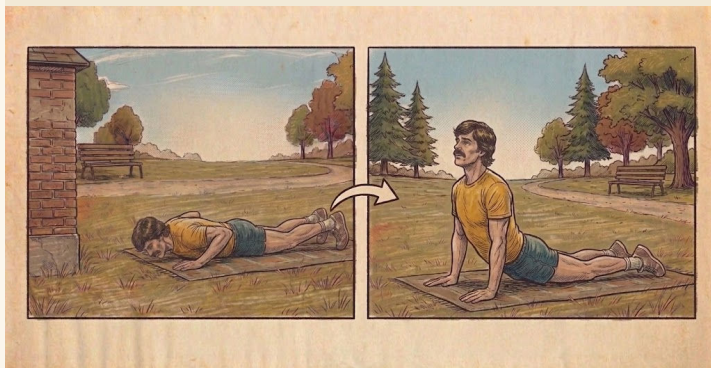


04 QUADRICEPS STRETCH

1. Stand roughly an arm's length from a wall, facing forward.
2. Rest one hand on the wall for balance. Reach back, take the opposite ankle, and draw that heel toward your buttock.
3. Once you feel a pull along the front of the thigh, hold 30 seconds. Repeat as comfortable, then change legs.

TAKE CARE · Keep your back straight – no arching or twisting.

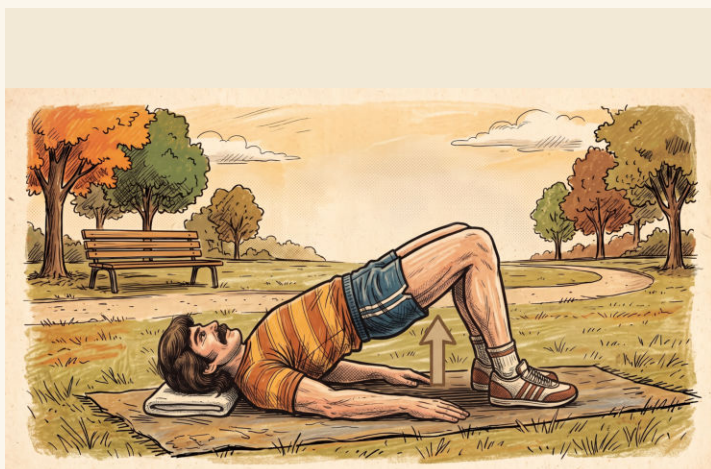
BACK EXERCISES • CONTINUED



05 PRONE PRESS-UP

1. Lie face down, feet slightly apart, forehead resting on the floor. Let your stomach, back, and legs go completely loose.
2. Press up onto your forearms with your neck in line. Stop as soon as you notice mild pressure low in your back. Hold 30 seconds, then ease down.
3. Repeat as often as feels comfortable.

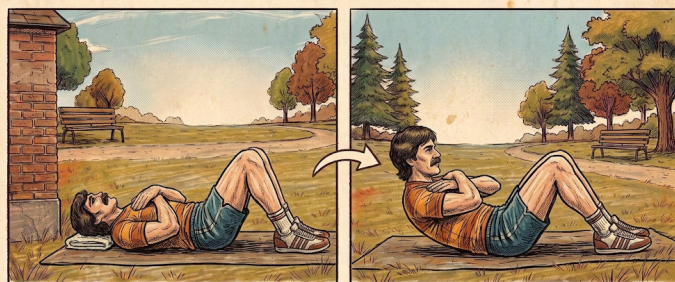
TAKE CARE • Stomach and hips stay down. Chin tucked, neck flat.



07 THE BRIDGE

1. Lie flat on your back with knees bent, feet and palms resting on the floor.
2. Tighten your stomach and buttocks, then raise your hips only far enough to bring your lower back level. Hold 30 seconds, then lower.
3. Repeat as often as feels comfortable.

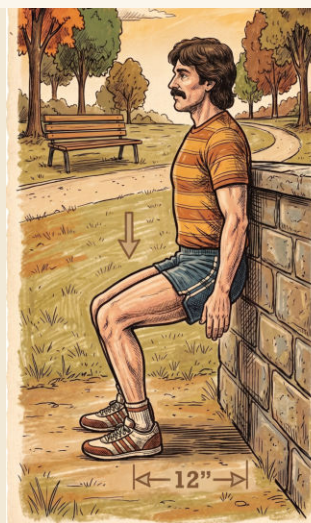
TAKE CARE • A pillow keeps your neck neutral. Don't push up into an arch.



06 PARTIAL CURL-UP

1. Lie on your back with both knees bent and feet flat. Fold your arms across your chest.
2. Tighten your stomach and lift your shoulder blades just clear of the floor. Hold 30 seconds, breathing steadily, then lower them.
3. Repeat as often as feels comfortable.

TAKE CARE • Lead with your ribs, not your neck. Keep your arms loose.



08 WALL SLIDE

1. Stand with your back and head against a wall, feet shoulder width apart and about a foot out from it. Relax your shoulders and tighten your stomach.
2. Bend your knees and slide straight down until you feel the work in the front of your thighs. Hold 30 seconds, then press back up.
3. Repeat as often as feels comfortable.

TAKE CARE • Don't drop your hips below knee height. Eyes forward, breathe steadily.