

As with all exercises, be respectful of your body and its possible limitations. If you have any question about these exercises speak to your health care professional first.

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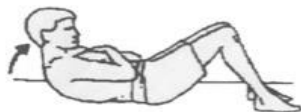
Lower Back Exercise Program

Breathe out with each exercise. Bringing your belly button in towards your spine will help stabilize your core and prevent over stretching or straining.



Double Crunch

Lie on your back. Pull your knees in towards your chest. Reach your forehead towards your knees. Hold about 5 seconds and relax. Repeat 3-5 times.



Stomach Crunch

While on your back, cross your arms on your chest or place hands behind head to support your neck. Tighten your stomach muscles and lift head and shoulders off the floor, looking up at the ceiling as you breath out. Do 1-3 sets of 5-15.



Bridge

Lie on your back with knees bent. Slowly lift your pelvis and lower back off the floor vertebrae by vertebrae. Hold the position for a few seconds and then lower down as slowly as you went up. Repeat 3-5 times.



Back Extensions

Lie face down on the floor, arms by your side. Lift your upper body while looking at the floor. Keep your pelvis glued to the floor, while tightening your stomach muscles. Hold 3-5 seconds. Repeat 3-5 times.



Leg Extensions

Lie face down. Squeeze your buttocks firmly together and tighten your leg muscles. Continue the exercise by lifting your legs off the floor keeping your pelvis on the floor and pulling your belly button in. Hold 3-5 seconds. Repeat 3-5 times



Knee to Chest

Lying with your knees bent and on the floor, lift your knees towards your chest. Place your hands behind both knees and draw them towards your chest. Hold 5-15 seconds. Repeat 3-5 times.



Side To Side Roll

Lie on your back with your knees bent. Slowly roll your knees from side to side keeping your upper body as still as possible. Repeat 3-5 times.



Pelvic Tilt

Lie on your back with your knees bent and arms by your side. Tighten your stomach muscles by pressing your belly button in and tilt your bottom up. Hold 5 seconds. Repeat 3-5 times.



Spinal Twist

Bring your bent knee over your straight leg and push your bent knee towards the floor with the opposite hand. Look to the side of your straight arm as you reach it away from your body, trying to keep your shoulder on the floor. You will feel the stretch in your lower back and glut area. Hold about 20 seconds and then relax.