



LOW BACK HOME EXERCISES



Introduction

These exercises are designed to help improve flexibility, strength, and stability in the lower back. Regular practice can reduce pain, support joint function, and enhance overall mobility. Perform each exercise within a comfortable range and stop if you experience any sharp or worsening pain.

Seated Marching

Sets: 1

Reps: 10-15 per leg

1. Sit upright in a chair with your feet flat on the floor.
2. Lift one knee towards your chest, alternating legs as if marching.
3. Engage your core muscles throughout the exercise.

Purpose: Increase blood flow to the muscles and prepare the body for exercise.

Tip: Maintain good posture and avoid leaning back.



Pelvic Tilts

Sets: 2-3

Reps: 10-15

1. Lie on your back with your knees bent and feet flat on the floor.
2. Tighten your abdominal muscles and gently tilt your pelvis backward, pressing your lower back into the floor.
3. Hold for a few seconds, then relax.

Purpose: Strengthen abdominal muscles and improve spinal stability.

Tip: Focus on using your core muscles to control the movement.

