

Lower Back Exercises

Supine Bridge

Setup

- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Clamshell

Setup

- Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

- Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

- Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise

Repeat on both the sides

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Side-lying Hip Abduction

Setup

- Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

- Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

- Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

Repeat on both the sides

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Supine Posterior Pelvic Tilt

Setup

- Begin by lying on your back with your knees bent and feet resting on the floor.

Movement

- Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

- Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

Repeat on both the sides

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Supine Transversus Abdominis Bracing

Setup

- Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

- Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then relax and repeat.

Tip

- Make sure to keep your back flat against the floor and do not hold your breath as you tighten your muscles.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Supine March

Setup

- Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

Movement

- Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip

- Make sure to keep your trunk stiff during the exercise and do not let your low back arch.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Supine Quad Set

Setup

- Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

- Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

- Make sure to keep your back flat against the floor during the exercise.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Supine Hip Adduction Isometric with Ball/Pillow

Setup

- Begin lying on your back with your legs bent, feet resting on the floor, and a soft ball positioned between your knees.

Movement

- Squeeze your knees together into the ball, then release and repeat.

Tip

- Make sure to keep your back flat against the floor during the exercise.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Seated Long Arc Quad

Setup

- Begin sitting upright in a chair.

Movement

- Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

- Make sure to keep your back straight during the exercise.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Cat-Camel

Setup

- Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

- Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

- Make sure to use your entire back for the motion and keep your movements slow and controlled.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Standing Heel Raise

Setup

- Begin in a standing upright position with your feet shoulder width apart.

Movement

- Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

- Make sure to keep your upper body still and avoid gripping with your toes.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Supine Heel Slide

Setup

- Begin lying on your back with your legs straight.

Movement

- Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

- Make sure not to arch your low back or twist your body as you move your leg.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Plank on Knees

Setup

- Begin lying on your front, propped up on your elbows.

Movement

- Engage your abdominal muscles and lift your hips up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

- Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}



Supine Gluteal Sets

Setup

- Begin lying on your back with your hands resting comfortably.

Movement

- Tighten your buttock muscles, then release and repeat.

Tip

- Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.



2 x_{Daily} 5x_{Weekly} 10_{reps} 1_{sets} 5_{hold}