

# EXERCISES FOR THE BACK: RELIEF

Do three sets of the exercises and preferably 3 times a day

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Prior to and during all exercises, it's important to tighten your stomach (abs - shown in red) and pelvic floor muscles (shown in yellow).



## Raise the Leg

Lie on your back with your knees bent at a comfortable angle. Keeping stomach and pelvic floor muscles tight, slowly lift one leg, maintaining its bent position until it is at a 90-degree angle to the hip. Hold position for 10 seconds. Return to original position and repeat with the other leg.

## Elevate the Buttock

Lie on your back with your knees bent at a comfortable angle. Slowly lift hips to make a straight line from your knees to your neck. Hold position for 10 seconds. Relax and return to original position and repeat action.



## Lift the Head

Lie on your back with your legs bent. Tighten your stomach muscles. Slowly lift your head away from the floor. Hold position for 10 seconds. Relax and return to original position and repeat action.



## Incline the leg

Lie on your back with your legs fully straight. Slowly lift one leg up to a 30 degree angle to the floor. Hold for 10 seconds, then return to original position and repeat with other leg.



## Elevate the Arm and Leg

Kneel on all fours. Keep your head in line with your spine. Slowly lift right leg until it is in a straight line with the spine. Hold for 10 seconds. Return to original position and repeat action with other leg. Following this, slowly lift the right arm until the wrist is in line with the shoulder. Hold position for 10 seconds. Return to original position and repeat with other arm.



## Fully stretch the Spine

Kneel on all fours with head down. To really test and work on your core stability, lift both the right arm and the left leg at the same time, until they are both in a straight line with the spine. It is especially important here to keep the abs and pelvic floor muscles tight. Hold position for 10 seconds, then return to original position and repeat with left arm and right leg.



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