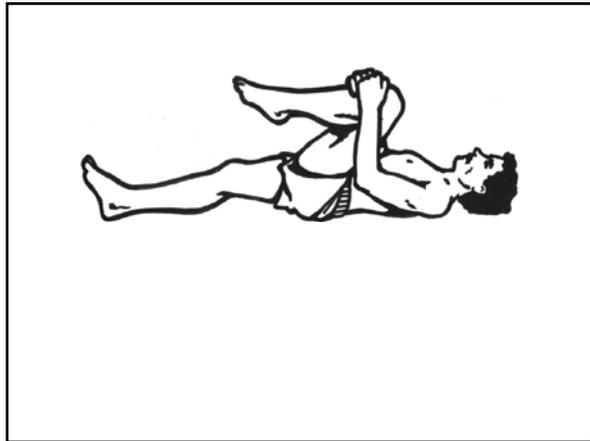


Home Exercises It's Your Back For Life!

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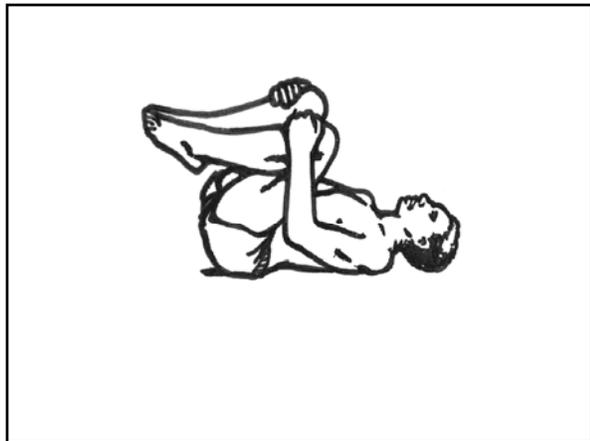
Exercise Instruction

- None of these exercises should cause pain.
- If you experience pain, try to modify the exercise by reducing the stretch or when appropriate bending the opposite knee. If that does not get rid of the pain Stop that exercise.
- Feel free to contact me if you have any questions.



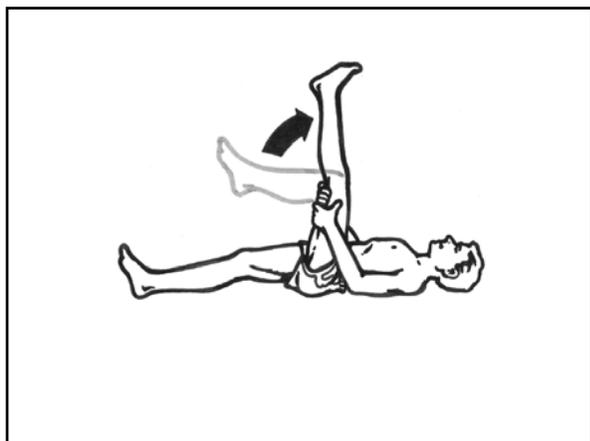
Single Knee To Chest

- Lie on your back.
- Bring one knee to you chest. Hold the stretch for 30 seconds.
- The opposite leg can be straight or if that feels too stressful keep it bent.
- This exercise stretches your hip, buttock and lower back.



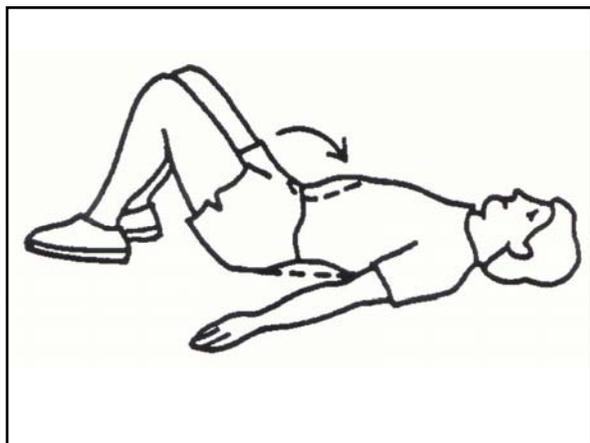
Double Knee To Chest

- Lie on your back.
- Bring both knees to your chest one at a time.
- Hold the stretch 30 seconds.
- This exercise stretches your hip, buttock and lower back.



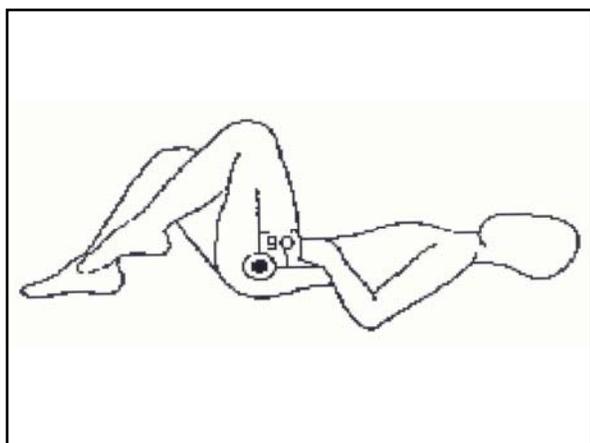
Hamstring Stretch

- Lie on the floor on your back.
- Place your hands around your thigh with your knee starting out bent. Pull the thigh perpendicular to your trunk. Gently and slowly straighten your knee to the point of stretch. Do not push into pain. Hold the stretch for 30 seconds on each leg.
- Your opposite leg can be straight or bent.



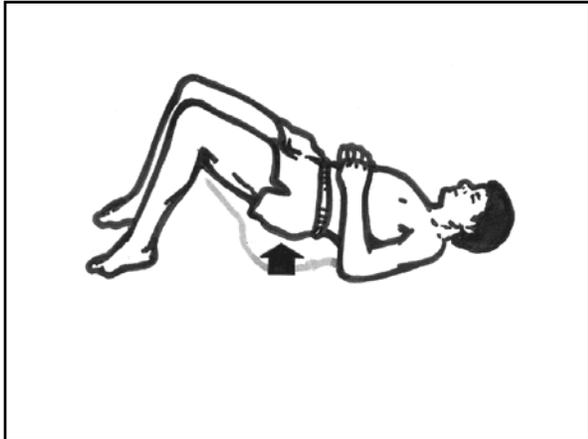
Abdominal Bracing

- Lie on your back with both knees bent feet on the floor.
- Tighten your abdominal muscles while exhaling slowly for 6-10 seconds.
- Think of flattening your stomach without tightening your buttock.
- Repeat 10-30 times.



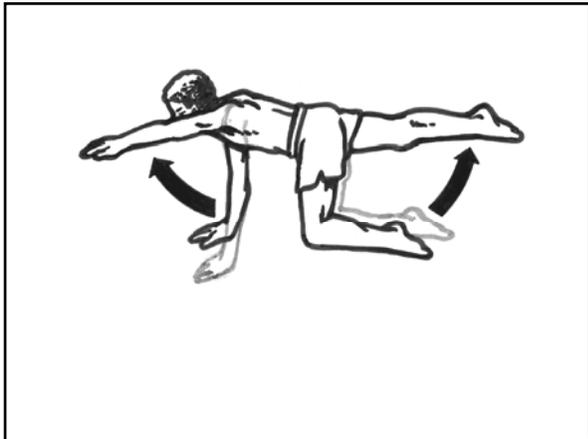
Abdominal Brace Marching

- Lie on your back with both knees toward your chest, feet off the ground.
- Tighten your stomach muscles.
- While keeping your stomach tight, slowly exhale and lower one foot to the floor keeping your knee bent.
- Bring the bent knee back to your chest while keeping your stomach tight.
- Repeat with the other leg.
- Perform 10-30 repetitions each leg.



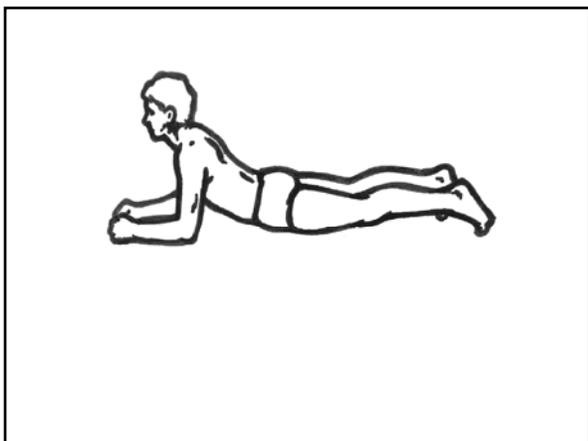
Bridging

- Lie on your back with both knees bent and feet on the floor.
- Place both arms on the floor.
- Lift your buttock off the floor by squeezing your buttock muscles together, hold for 6 seconds, repeat 10 times. Do not hyperextend your back.
- This exercise strengthens your buttock muscles.



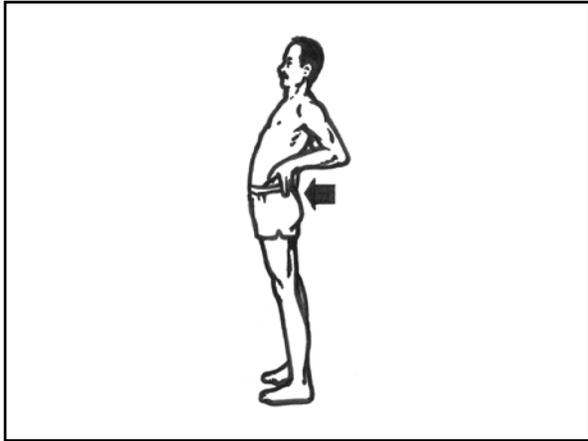
Opposite Arm & Leg Raise

- Get on your hands and knees.
- Keep your back in a neutral position.
- Reach forward with your left hand and reach backward with your right leg, hold for 3-6 seconds, then switch to the other arm/leg.
- Repeat 10 times on each side.
- This exercise strengthens the muscles that lie deep along the back of your spine.



Prone Prop

- Lie flat on your stomach. If you feel pain lying flat place a pillow under your stomach.
- Prop up on your elbows.
- Relax your lower back and allow your stomach to sag into the floor.
- Maintain this position for 30 seconds.
- This exercise is helpful in maintaining healthy discs and also improved backward bending mobility.



Standing Backward Bend

- Place your hands on your lower back.
- Keep eyes looking downward at the floor.
- Gently bend backward to the point of stretch, do not push into pain.
- Hold stretch for 3 seconds.