Back Strengthening Exercises

1. Lie on the floor on your back. Bend your knees and keep your feet flat on the floor. Squeeze your buttocks and pull your abdomen in toward your back. Your lower back should be pressed flat on the floor. Now raise your buttocks about an inch off the floor. Your lower back will lift slightly off the floor while your upper back remains flat. Hold for a few seconds before relaxing. Repeat 10 times.

2. While lying on the floor on your back, with your head and neck supported, grasp your leg just below your knee. Pull your leg gently toward your chest. Hold for 10 seconds. Repeat on other side. Then grasp both legs and pull them gently toward you chest. Hold for 10 seconds. Repeat 10 times.

3. Stand with your feet slightly apart and your hands on the top of your buttocks. While looking up, push your hips forward slightly and gently bend backward. Keep your knees straight. Hold for 10 seconds. Relax. Repeat 10 times.

4. Lie on your back and bend your knees. With your arms crossed in front of your chest, slowly lift your shoulders a few inches off the floor as you pull your abdomen in and tighten your buttocks. Lower yourself back gently to the ground. Repeat 8–20 times.

If you experience any discomfort with these exercises, discontinue and consult Dr. Smith

Smith Upper Cervical Health Care (714) 848-8122 www.RogerSmithDC.com