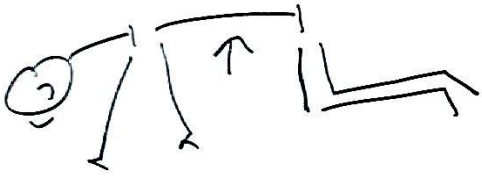


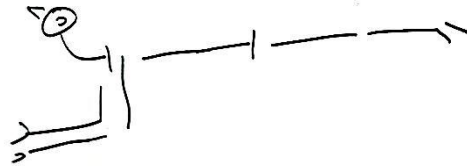


FITNESS & REHAB FORUM

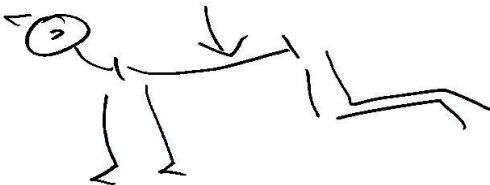
Back Exercises



On your 4 legs, pull your tummy in
__counts * __sets



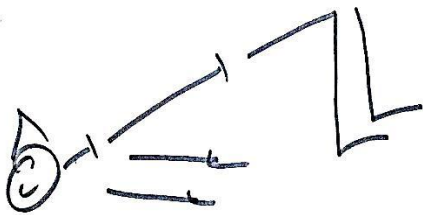
Lie on your tummy, prop yourself up on the
with forearm and lift your head and shoulder
up with forearm support __counts * __sets



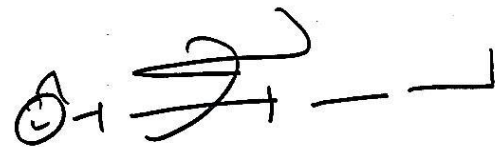
An upward curve and download curve__
Counts*__sets



Lie on your back. Rotate pelvis upward or
pull your tummy in __counts * __sets



Lift your pelvis up, use your hands to support
__counts hold * __sets



Pull one knee towards chest, keep other
leg straight __counts hold * __sets



FITNESS & REHAB FORUM

Tips to avoid/ manage back pain

Standing

Avoid locking the knees & arching / slouching your back when standing.

Avoid high heels, single leg standing, static postures & being overweight.

Imagine you being lifted up by the top of your head – sitting / standing / walking.

Exercise

Safe exercise! Do specific exercises to relax & strengthen spine.

Walking and swimming are excellent for the back, ask your physio which will suit you.

Maintain proper form while exercising and maintain neutral spine.

Seating

Avoid over soft / bucket – shaped / Bean bags / very low chairs without arms.

Avoid sitting in the edge of chair / slouching & cross legged when seated.

Place a small, firm cushion or roll up a towel at the small of the lower back, Pull the seat closer to the wheel, while driving and tilt the back rest back slightly.

Beds

Good supportive mattress, not necessarily a HARD one – FIRM is right.

Put a board under the mattress or put the mattress on the floor.

Avoid lying on your stomach, sleep on sides with pillow between knees or on your back with pillow under your knee.

Do's

- Wear good shoes with low heels, not sandals or high heels.
- Tuck in your stomach and buttocks, slightly while standing and walking.
- Keep your back as straight as you can, rest your back while sitting and with hip deep into the seat.
- Stand close to the object, bend at the Hip & Knees, not at the waist, hold it close to your body and let your legs carry the weight.
- Take an exercise break every 45 minutes.
- Apply ice pack, 15-20 minutes, 2-3 times /day.

Don'ts

- Don't do anything that hurts your back, don't apply heat & massage.