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# lower back exercises 1, 2, & 3

prepared for: \_\_\_\_\_

date: \_\_\_\_\_



9

## fencer's stretch

Step forward with right foot, turning the toe in slightly. Bend right knee while stretching the left leg out behind you as far as possible. Left toes should be pointed straight ahead. Hold spine erect, or even slightly lean back. Bounce hips forward and torso backward until you feel a strong pull in the groin. Start with 10 to 12 bounces on each side; gradually increase to 20 bounces on each side. Repeat this exercise several times through the day.



10

## exercise 10

Kneel on the floor with a small pillow under your ankles. Clasp your hands behind your head, and holding your body and thighs in as straight a line as possible, lean back from your knees. Bounce your pelvis forward and backward without moving your feet or knees. Start with 5 or 6 bounces and increase to 20. Repeat 2 or 3 times per day.



11

## exercise 11

Lie on your back with arms near sides. Bend your knees, placing your hands flat on the floor near the buttocks. Raise your hips, putting weight on your shoulders and feet, and keeping your body in a straight line. Rotate pelvis in a circular motion 10 to 20 times. Repeat in other direction. Do 2 to 3 times per day.



12

## exercise 12

Sit on the floor with legs stretched as far apart as possible. Reach toward the feet with the hands and bend body forward as far as possible, stretching your body as close to the floor as you can. Start with 8 to 10 repetitions and increase to 20. Do 2 to 3 times per day.



13

## exercise 13

Lie on your side with the lower leg slightly bent. Support yourself with your hands to keep the body from tilting. Raise and lower the top leg 10 to 15 times. Repeat on the other side. Do 2 to 3 times per day.

note.  
 If there is pain during or immediately after exercise, discontinue and report your symptoms to your doctor.



**1** pelvic tilt - floor **5**

Lie on your back with your knees bent. Flatten the small of your back by tightening the stomach muscles and tilting your pelvis. Tighten your buttocks. Hold this position for 10 seconds. Repeat 10 times. The Pelvic Tilt will be performed as the first step in each exercise.

Lie on your back with your knees bent in the Pelvic Tilt position. Place both hands behind the thigh and pull gently and slowly toward the chest, exhaling as the knee comes up. Relax and hold for a count of five. Release and inhale as the leg returns to the start position. Repeat with the other leg. Do five repetitions with each leg.



**2** pelvic tilt - wall **6**

Stand with the small of your back flat against the wall. Place your heels 12 inches from the wall. Pull in your stomach. Tighten your buttocks. Bend your knees. Hold this position for 10 seconds. Repeat 10 times.

Lie on your back with your knees bent in the Pelvic Tilt position. Place both hands in front of your knees and bring both knees to the chest, exhaling as the knees approach the chest. Relax and hold for a count of five. Release and inhale as your legs return to the start position. Repeat five times.



**3** wall slide hold **7**

Stand with the small of your back flat against the wall. Place your heels 12 to 18 inches from the wall. Pull in your stomach. Bend your knees and slide 6 to 8 inches down the wall. Hold this position for 10 seconds. Return to the standing position by sliding back up the wall. Progressively increase your distance down the wall until your thighs are at a 90° angle to the wall. The minimum holding time goal at a 90° angle is 1 minute. Eventually increase the holding time in the 90° angle position to 3 minutes.

Lie on your back with your knees bent in the Pelvic Tilt Position. Bring one knee toward your chest, exhaling as the knee comes up. Reach forward with both hands and hold behind the knee. Straighten your leg upward. Hold for a count of five. Bend the knee and return to the start position. Repeat with the other leg. Do five repetitions with each leg.



**4** partial sit-up **8**

Lie on your back with your knees bent and in the Pelvic Tilt. Reach for the top of your knees and lift your shoulder blades off the floor. Hold for a count of 10. Return to the start position and relax. Gradually increase your holding time capacity to 3 minutes. If you have any neck pain be sure to tuck your chin in toward your chest.

At arm's length, face the wall, a desk, or other sturdy object. Place one foot 12 inches behind the other with both heels planted firmly on the floor. Lean into the wall or object. Stretch the heel cord and hamstring of the rear leg by leaning forward over the front foot. Hold for 5 seconds. Alternate with the other leg. Do each leg five times.

