

# Low Back Strengthening Program



## CAT AND CAMEL

While in a quadrupedal position, lift up your chest and tailbone, tuck your pelvis and round your back. Hold for 15 seconds. Repeat 10 times.



## ANGRY CAT STRETCH

While in a crawl position, draw up your spine to arch your back.



## DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.



#### SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.



#### PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.



#### BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.



#### EXERCISE BALL - FLOOR BRIDGE

While lying on the floor, place an exercise ball under your lower legs and then raise up your buttocks.



#### QUADRUPED ALTERNATE ARM AND LEG

While in a crawling position, slowly draw your leg and opposite arm upwards.

Your arm and leg should be straight and fully out-stretched.



#### PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.



### EXERCISE BALL - CURL UPS LEVEL 3

While sitting on an exercise ball, roll forward so that your back lies against the ball.

Next, clasp your hands behind your head and then draw up your chest in order to do a partial sit up. Try and clear your shoulder blades off the ball.



### HALF FOAM ROLL - DEAD BUG

Lie on a half foam roll so that your head and buttock makes contact to the flat side of the roll. Flatten your low back and press it against the roll.

Next, raise up one leg at a time to a 90 degree position at your hips and knees as shown. Hold the legs and then raise up one arm towards the ceiling as you extend the opposite side legs out forward. Return and then alternate to the other arm and leg.

Maintain your balance and your back flat the entire time.