

Pain Relieving & Posture Improving Extension Back Exercises

1. These exercises have 3 purposes:
 - a. To relax muscles and relieve “spasm”.
 - b. To increase the range of pain-free motion.
 - c. To improve muscle strength for better support of the spine.
2. These exercises must be done daily, on a routine basis. Sporadic or inconsistent exercising will not be effective. **Do all exercises 2-4 times daily, 10 repetitions each.**
3. Some discomfort with exercise is expected and will have to be tolerated as joints and muscles, which have been immobile or inactive, are now being required to move and function more. However, no exercise should be “overdone” to the extent that it limits further activity after the exercise period. All exercises are to be done to your “point of pain” or a wee bit past. Do not over exercise or muscle spasms and pain will increase. If you are persistent in doing these exercises, the “point of pain” will change and a better range of motion will be obtained.
4. Remember not to hold your breath while exercising. Breathe deeply and exhale fully with each repetition of every exercise.

Extension Back Exercises

- 1) Exercise 1:
 - a. Remain face down, but now place your hands in position for push-ups (Fig. A)
 - b. Press the top half of your body up as far as pain permits, (Fig. B), and lower yourself to the starting position.

Fig. A



Fig. B.



2) Exercise 2:

- a. Stand upright and place your hands in the small of your back. (Fig. A)
- b. Bend backwards over your waist using your hands as a fulcrum and keeping the knees as straight as possible (Fig. B), and return to the starting position.

Fig. A



Fig. B



3) Exercise 3:

- a. Lie on the floor on your stomach.
- b. Raise your right arm and shoulder.
- c. Lower them and relax.
- d. Alternate sides.



4) Exercise 4:

- a. Lie on the floor on your stomach.
- b. Raise both arms off the floor.
- c. Lower them and relax.



5) Exercise 5:



- a. Position yourself on the floor on your hands and knees.
- b. Raise one arm and the opposite leg until they are parallel with the floor.
- c. Lower them and relax.
- d. Alternate sides, repeat.

Quad Strengthening Exercise: To strengthen the legs and help compensate for weakness in the lower back

- A. Flatten out your lower back against a smooth wall or closed closet door.
- B. Slide down the wall/door, keeping the lower back flat until your knees **partially bend** (do not go all the way down).
- C. Push yourself back up into the starting position using your thigh muscles.

