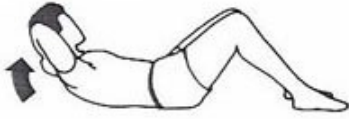


## Appendix 17-D

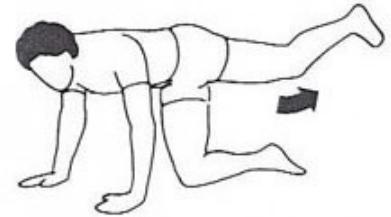
## EXERCISES FOR THE LOWER BACK

**1. Partial Curl Up**

Tilt pelvis to flatten back. Grasp hands behind head supporting neck. Raise upper body until shoulder blades clear the floor. Hold 5 seconds. Gradually increase repetitions.

**2. Upper Body Extension With Chin Tuck**

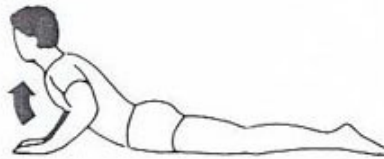
Place a pillow under your abdomen. Clasp hands behind you. First pull shoulders back pinching shoulder blades. Secondly, raise head and shoulders off the table with chin tucked during exercise. Hold 5 seconds, relax. Gradually increase repetitions.

**3. Four Point Hip Extension**

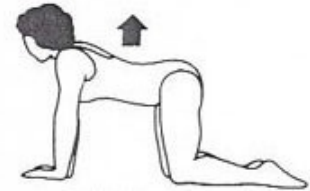
Keep neck in a neutral position as you raise one leg up behind you. Knee is kept slightly flexed. Do not arch your back. Hold 5 seconds. Relax. Gradually increase repetitions.

**4. Four Point Upper Back Extension**

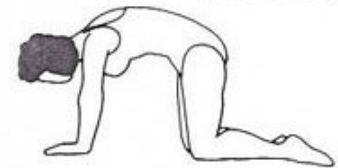
Keep neck in a neutral position as you raise one arm out in front of you. Keep back flat as you do so. Hold for 5 seconds. Relax. Gradually increase repetitions.

**5. Prone Push Up**

Push up with your arms lifting upper body. Keep hips in contact with the floor. Gradually increase repetitions.

**6. Mad Cat**

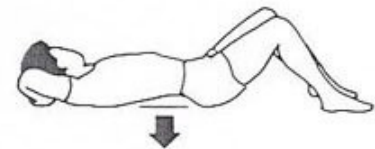
Hands directly under shoulders, knees under hips. Tuck chin and tighten your abdominals to arch your back. Hold for 5 seconds. Relax. Gradually increase repetitions.

**7. Double Knee To Chest**

Pull both knees up to chest to feel a comfortable stretch in low back and buttocks. Gradually increase repetitions.

**8. Single Knee To Chest**

Pull one knee up to chest to feel a comfortable stretch in low back and buttocks. Do the same with the opposite knee. Gradually increase repetitions.

**9. Pelvic Tilt**

Flatten your back by tightening the muscles of your stomach and buttocks. Gradually increase repetitions.

