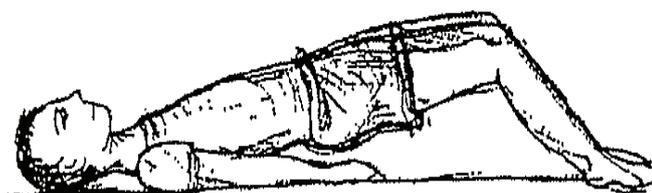


Back Strength And Stability

L5

Do these exercises ___ times a day ___ a week

These movements are aimed at helping to make your back more stable and strong. They all concentrate on strengthening your abdominal and back muscles.

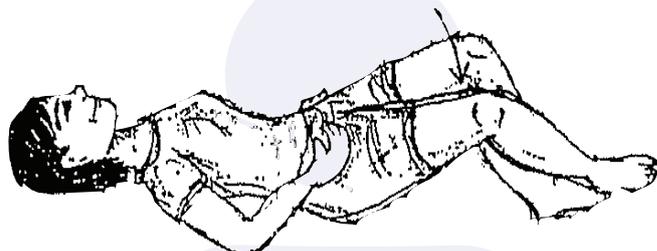


1. Bridge – Double Leg

Lying on your back with knees bent and feet on the bed or floor. Push through your legs and lift hips off bed. Keep your hips level.

Hold count..... Repeat.....times

Progression to Single Leg Bridge – lift one foot off the bed and hold

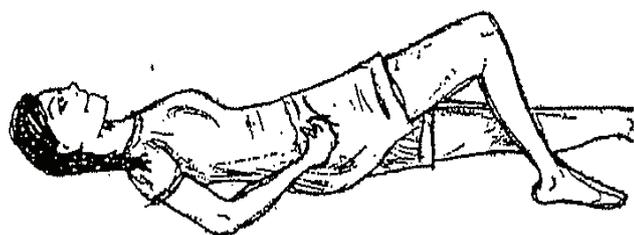


2. Clam

Lying on your back with your knees bent and feet a little apart. Rest your fingers on your hips so you can feel any movement.

Slowly move your knee out to the side and in again. Do not let your hips move at all.

Repeat.....times on each side

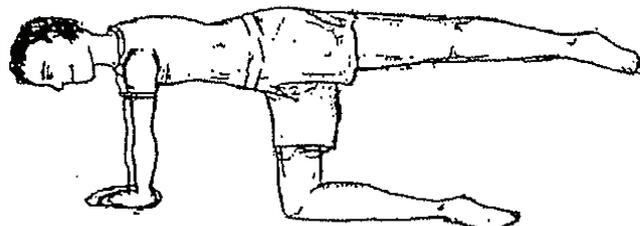


3. Heel Slide

Lying on your back with your knees bent and feet a little apart. Rest your fingers on your hips so you can feel any movement. Slowly slide your heel down the bed and up again.

Do not let your back arch up or push down into the bed as you move. Keep your back and hips still.

Repeat.....times.

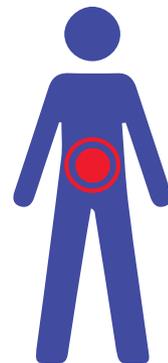


4. Bird Dog - Beginner

Rest on your hands and knees. Keep your back flat and gently pull in your tummy muscles.

At the same time lift one hand or leg a little off the floor.

Hold count.....
 Repeat.....times on each hand and each leg

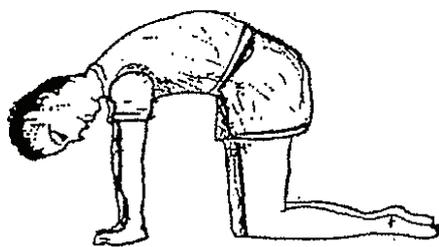


Back Strength And Stability

L5

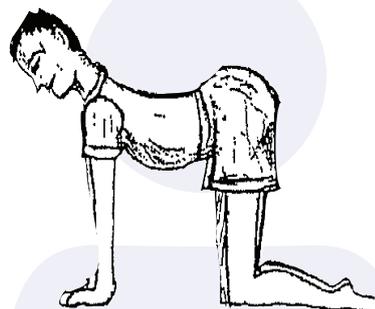
Do these exercises ___ times a day ___ a week

5. CAT Stretch



A. Gently arch your back up to feel a stretch down the whole back. Let your head hang downwards.

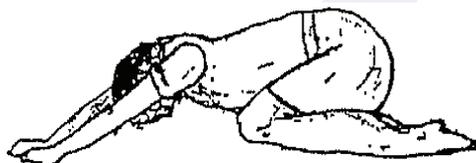
Hold count.....



B. Sag your back right down. Let your tummy muscles completely relax.

Hold count.....

After 3 times go to c.



C. Arch up and then lean your hips back towards your feet until you can feel the stretch a bit more.

Hold count.....