

# 5 Simple Exercises to Heal your Back

## 1. Easy Crunch

Lie down on your back, knees bent, arms where you feel comfortable. Lift shoulders, neck, and head slightly. Your stomach should tighten. This is bracing or tightening your core (abdominals and more). Do 8 to 12 reps, holding for 5 to 10 second.



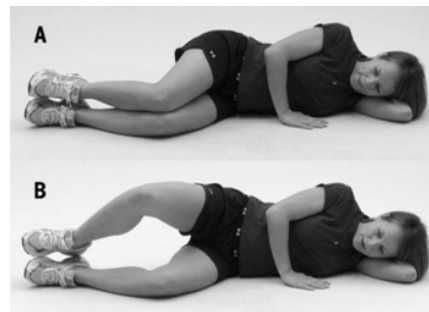
## 2. Bridging

Lie on your back, knees bent and feet close to you as comfort allows. Slowly raise hips off the floor (at the same time bracing your core). Hold 5 to 10 seconds, repeat 8 to 12 times.



## 3. Clam Shell

Lie on your left side with your hips and knees bent 45 degrees. Stack your right leg on top of your left leg, heels together. Keeping your feet together and left leg on the floor raise your right knee as high as you can without your heels coming apart (at the same time bracing your core). Pause 5 to 10 seconds, then return to the starting position. After 8 to 12 reps repeat on the right side.



## 4. Side Plank

Lie on your side with your knees bent. Prop your upper body up on your elbow. Raise your hips off the floor (at the same time bracing your core). Hold 5 to 10 seconds, return to starting position. After 8 to 12 reps repeat on other side.



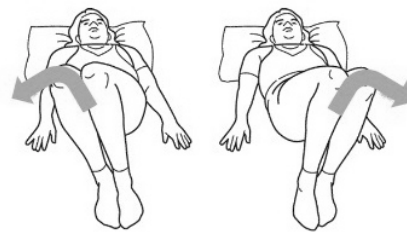
## 2. Bird Dog

On your hands and knees. Hands should be directly under shoulders, knees directly under hips. Brace your core. Slowly lift right leg up and straighten, while at the same time lift and straighten left arm. Don't let your hips twist. Hold 5 to 10 seconds, return to starting position. Try to do 10 reps, alternating sides using a descending Russian pyramid count.



## Lumbar rotation

Lie on your back, knees comfortably bent. Now rotate your hips and knees to one side while keeping your knees and feet together. Go only until you feel a comfortable stretch in your back and hips. Hold 5 seconds, return to starting position. Repeat on the other side. Do 8 to 12 times each side.



## Stretches:

### Hamstring stretch

Grab with both hands behind your knee and gently pull knee to your chest, bending the hip and knee. Hold 30 to 60 seconds. Then straighten your elbows only still holding behind the knee. Now slowly straighten your knee until you feel a good stretch in your hamstrings, the back of your thigh. Hold 30 to 60 seconds.

Repeat with your other leg.



### Cat – Cow

On your hands and knees. Gently round your back upward, looking down between your hands. Hold. Come back to center position. Gently arch your back downward, looking up. Hold and return to center position. Repeat as desired.

