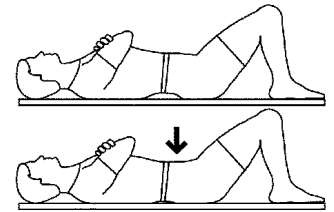


Back Rehabilitation Program

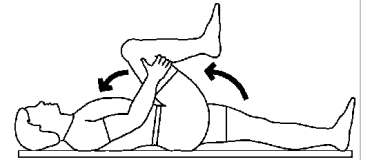
Πύργος Αθηνών, Κτίριο Γ', 2^{ος} όροφος, Λεωφ. Μεσογείων 2-4, Αθήνα 115 27

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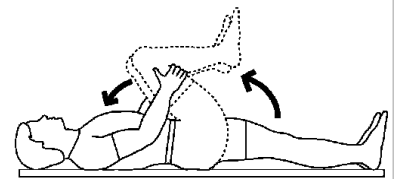
1. **PELVIC TILT:** Lie on your back with your knees bent and your arms relaxed. Tighten your abdomen and your buttocks at the same time as to flatten your back against the mat. Hold this position for a count of 10 and relax. Perform _____ sets, _____ reps., _____ times daily.



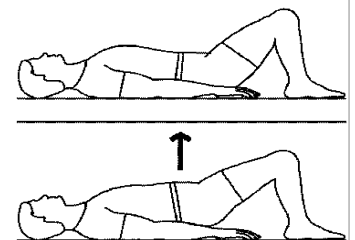
2. **SINGLE KNEE TO CHEST:** Lie on your back with your arms relaxed and your knees bent. Grasp under your knee with both hands and pull towards your shoulder keeping opposite leg flat on ground. Hold for 10 seconds and relax. Continue holding knee and lower slowly: switch legs. Perform _____ sets, _____ reps., _____ times daily.



3. **DOUBLE KNEE TO CHEST:** Lie on your back with your arms relaxed and your knees bent. Grasp both legs behind the knees and pull slowly toward your chest; keeping your knees together and your shoulders flat. Hold for 10 seconds and relax. Continue holding your knees and slowly lower your legs back to the starting position. Perform _____ sets, _____ reps., _____ times daily.



4. **BRIDGES:** Lie on your back with your arms at your side and your knees bent. Raise your hips off the ground until hips are straight. Hold 5 seconds. Perform _____ sets, _____ reps., _____ times daily.



5. **TRUNK TWIST:** Keeping your knees bent and close together, roll your knees to the side while moving both arms the opposite direction. Hold 5 seconds. Perform _____ sets, _____ reps., _____ times daily.

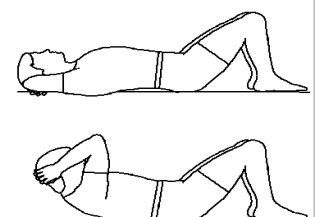


6. **ASSISTED TRUNK TWIST:** Lie on your back with knees bent. Roll both knees to one side and assist downward motion with your arm. Hold the stretch for 5 seconds, stretch to each side. Perform _____ sets, _____ reps., _____ times daily.

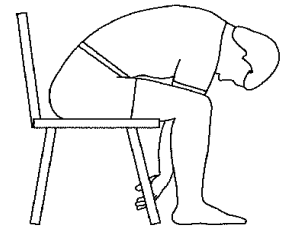


7. **ALTERNATE LEG TRUNK TWIST:** Perform above exercise with one leg at a time, rolling bent leg to the inside.

8. **CURL-UP:** From starting position, curl up, bring your arms and hands (lifting your shoulder blades) off the floor. Keep your chin tucked to your chest in a fixed position. Perform _____ sets, _____ reps., _____ times daily.

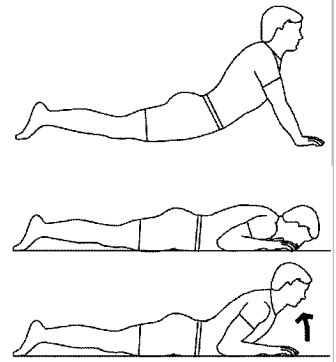


9. **FORWARD BENDING:** Place chair against the wall. Sit on the front edge with your legs apart and your knees bent at a right angle, fold your arms against your chest and bend forward allowing your arms and chest to drop between your knees. Relax in this position for 5 seconds. Return to erect position. Perform _____ sets, _____ reps., _____ times daily.



10. **EXTENSION EXERCISES:** Lie on stomach with pillow under your chest. Hold for _____ minutes.

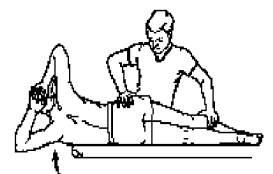
- Lie on your stomach, prop up on both elbows and hold for _____ minutes.
- Lie on your stomach and push with your arms, keep your hips on the floor. Keeping your neck relaxed, hold this position for 5 seconds. Repeat _____ times.
- ACTIVE EXTENSION:** Lie on your stomach with a pillow under your chest, place arms at your sides. Slowly raise your head and trunk to an arched position. Hold for 5 seconds. Perform _____ sets, _____ reps., _____ times daily.



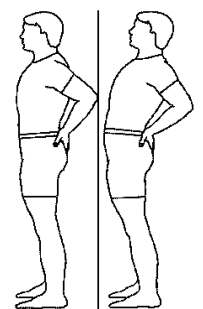
11. **ADVANCED ACTIVE EXTENSION:** With legs supported on table and trunk hanging off edge, raise trunk up even with table, keeping chin tucked. Hold and lower body to starting position. Perform _____ sets, _____ reps., _____ times daily.



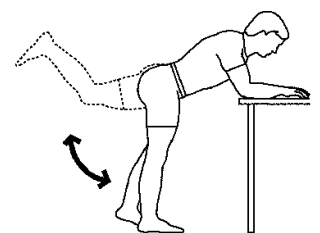
12. **AGGRESSIVE LATERAL CURL-UPS:** With legs and hips supported on table and trunk hanging off the edge, in the side-lying position. Have partner hold legs down. Slowly raise trunk up to the horizontal. Hands should be clasped behind head. Perform _____ sets, _____ reps., _____ times daily. Repeat on opposite side.



13. **STANDING EXTENSION:** While in a standing position, place both hands on your lower back (hips) and slowly lean backward as far as possible. Return to an erect position. Perform _____ sets, _____ reps., _____ times daily.



14. **HIP EXTENSION:** Lie over firm table or bend with your waist at the edge of the surface and uninvolvement leg supported on the floor. Lift the involved leg straight back, keeping leg straight. Hold 5 seconds. Slowly lower to the resting position. Rest 2 seconds. Perform _____ sets, _____ reps., _____ times daily.

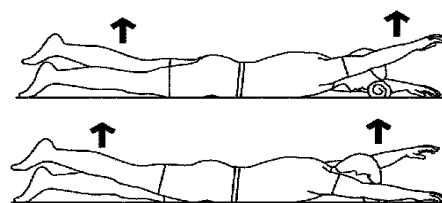


15. **UPPER BACK EXERCISES:** These will be done in the prone position with a pillow under your abdomen and a rolled towel under your forehead. Arms at sides.

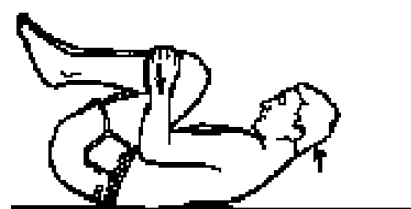
- Pinch shoulder blades together and hold for 5 seconds. Repeat _____ times.
- Raise arms up, keeping elbows straight. Hold for 5 seconds. Repeat _____ times.
- Lift head and upper back up with chin tucked in. Hold and repeat _____ times.



16. **OPPOSITE ARM/LEG LIFT (“Superman”):** Lying flat and then on all fours, raise and extend one arm and the opposite leg keeping them as straight as your can. Hold for 10 seconds and relax. Alternate sides. Perform _____ sets, _____ reps., _____ times daily.



17. **“ROCK AND ROLL”:** Lie on your back and put both hands under your knees, tuck in your chin to your chest and curl up, pulling knees close to your chest, Rock back and forth, head to toes, like a rocking chair, _____ minutes.



18. **THE “MAD CAT”:** Position yourself on hands and knees, looking forward. Arch your back up as high as you can. Hold for 5 seconds and then depress spine in opposite direction, pushing stomach downward. Hold. Perform _____ sets, _____ reps., _____ times daily.

