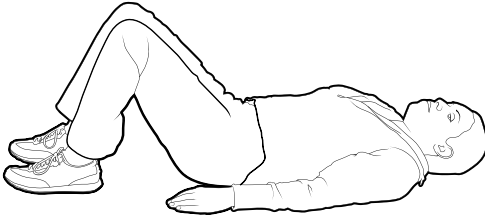


Try these exercises at home to help relieve low back pain and strengthen your core muscles:

KNEES-TO-CHEST

(5-10 Repetitions)

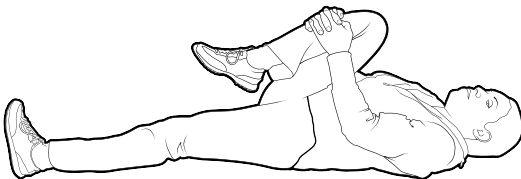


Lie on your back with your knees bent.



Keep one foot flat on the floor while raising the opposite knee to your chest.

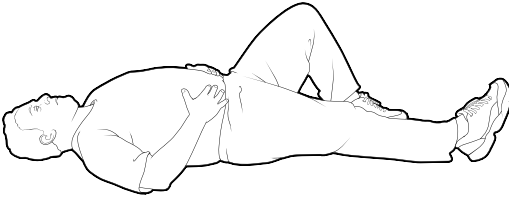
- Count slowly to 10, then slowly bring your leg back down.
- Switch knees and repeat.



Variation: If it feels better on your lower back, lie with one knee bent and one leg flat on the ground.

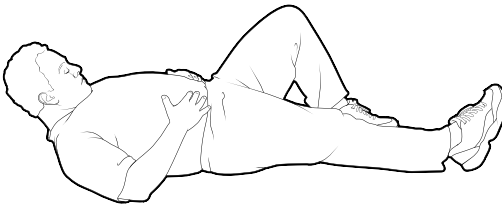
CURL-UP

(5-10 Repetitions)



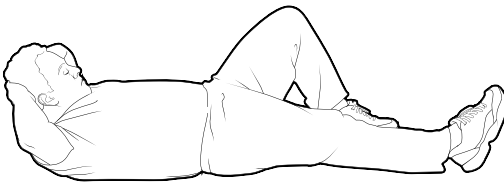
Lie on your back, with your hands on your abdominal muscles.

- Bend one leg, keeping the other leg straight on the floor.



Lower your chin as you lift your head and shoulders off the ground.

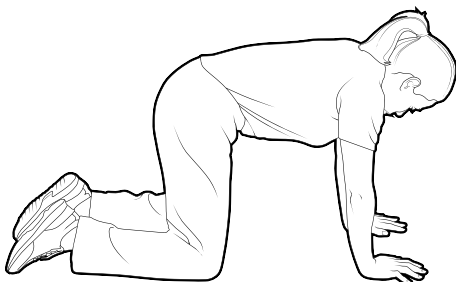
- Lower shoulders and head back to the floor.
- This is not a sit-up; your body will tell you when you've gone far enough. You will feel it in your abdominal muscles.



Variation: Put your hands beneath your head instead of on your abdominal muscles. Keep the arch in your lower back.

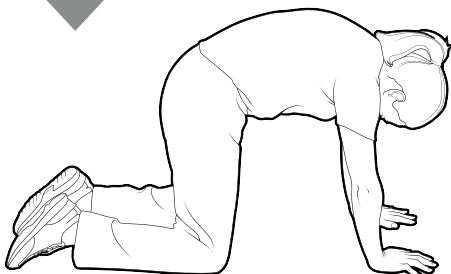
THE ARCH

(5-10 Repetitions)



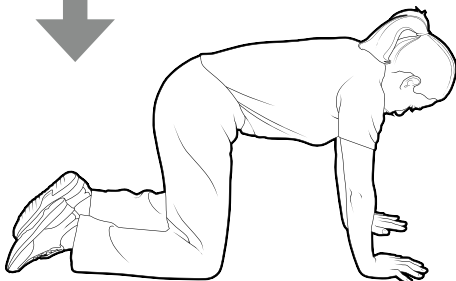
Start on your hands and knees.

- Knees should be directly under your hips. Hands should be directly below your shoulders, fingers spread wide with middle fingers pointing straight ahead.
- Keep your arms straight. Do not lock your elbows. Tighten your abdominal muscles.
- Your head, neck and back should be in a straight line.



Start by looking at the floor.

- Tuck in your tailbone.
- Tighten your buttocks and abdominal muscles.
- Arch your lower back up, and let your head drop down.
- Keep abdominal and thigh muscles tight and hold for a few seconds.



As you relax, move toward the starting position.

- Lift your head and look forward.
- Lift your tailbone — don't tuck it like you did in the previous step.
- Your back will "scoop" rather than "arch." Hold for a few seconds.
- Return to the starting position.