



PRONE LUMBAR EXTENSION

Purpose: To extend your lower back.

- Lie on your stomach and place your hands, on the floor near the sides of your head.
- Slowly push your upper body off the floor by straightening your arms, but keep hips on the floor. Hold for 10 seconds, then relax your Arms, moving back to the floor.



DOUBLE KNEE TO CHEST STRETCH

- Lie down on back.
- Pull both knees into chest until you feel a Comfortable stretch in lower back.
- Keep the back relaxed.
- Hold for 45 to 60 seconds.

NAIROBI ARTHRITIS CLINIC

Prof. Omondi Oyoo & Associates
CONSULTING PHYSICIANS AND RHEUMATOLOGISTS

BACK EXERCISES

HAMSTRING STRETCH WHILE STANDING

- Stand on right leg with left leg on table / chair.
- Stretch hamstring by slowly bending right knee
- Hold for 30 - 45 sec.
- Repeat with other leg.

BACK

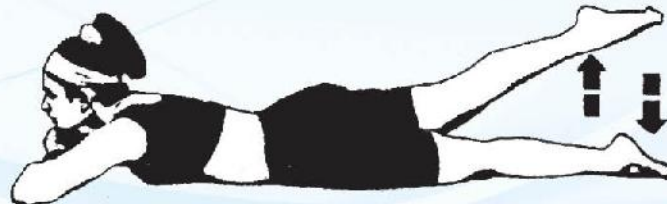


CURL - UP EXERCISE

- Lie on the floor on back
- Keeping arms folded across chest, tilt pelvis to pelvis to flatten back, Tuck chin in to chest
- Tighten abdominal muscles while raising head and shoulders from floor.
- Hold for 10 seconds and release.
- Repeat 10 to 15 times. Gradually increase your repetitions.

ALTERNATE LEG EXTENSION

Lie on your stomach with your arms folded under your chin. Slowly lift one leg - not too high- without bending it, while keeping your pelvis flat on the floor. Slowly lower your leg and repeat with the other leg.



BACK

BACK



LOW BACK PAIN

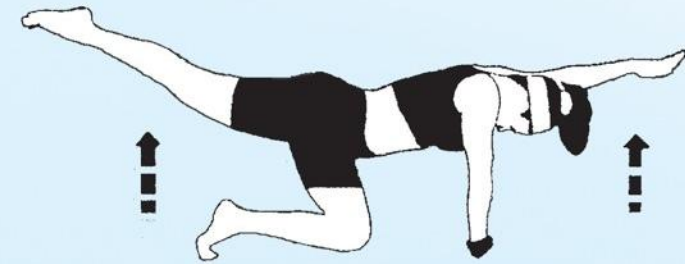
Exercises to relieve low back pain

Posture

- ✘ Tuck chin in, back straight
- ✘ Shoulders down, back relaxed
- ✘ Chest lifted, feet parallel
- ✘ Stand against wall
- ✘ Bend knees
- ✘ Hold for 10 Seconds
- ✘ Straighten
- ✘ Repeat 5 times

TRUNK FLEXION STRETCH

- On hands and knees, tuck in chin and arch back
- Slowly sit back on heels, letting shoulders drop toward floor
- Hold for 45 to 60 seconds.



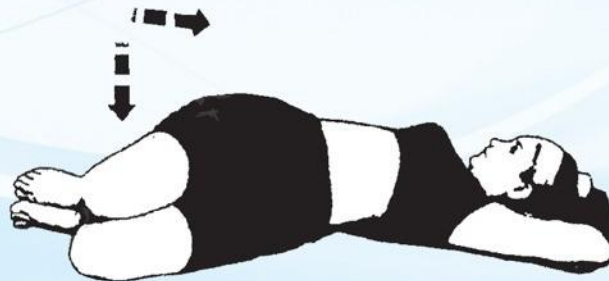
ALTERNATE ARM-LEG EXTENSION EXERCISE

- Face floor on hands and knees
- Raise left arm and right leg. Do no arch neck.
- Hold for 10 seconds and release.
- Raise right arm and leg. Do not arch neck,
- Hold for 10 seconds and release.

BACK

LOWER TRUNK ROTATION STRETCH

- Lie on back
- Keeping back flat and feet together, rotate knees to one side
- Hold for 45 to 60 seconds.



PELVIC TILT EXERCISE

- Lie on back with knees bent, feet flat on floor, and arms at sides.
- Flatten small of the back against floor. (Hips will tilt upward).
- Hold for 10 to 15 seconds and release. Gradually increase your holding time to 60 seconds.

BACK

BACK

Flexion / Extension

- ✘ Stand straight up, hands on hips
- ✘ Knees straight
- ✘ Bend forward
- ✘ Bend backwards
- ✘ Repeat 5 times

