

Exercise for Good Posture and Back Care

Curl – Up (Crunch)

- ❖ This exercise strengthens upper abdominal muscles:
 1. Lie on back with knees bent and feet close to buttocks.
 2. Hold hands and arms straight in front of you and curl your head and shoulders up only until shoulder blades leave the floor
 3. Slowly roll back to the starting position

Caution: Feet should not be held while doing a trunk curl.

Complete up to 10 repetitions.

Double Leg Lift (Table)

- ❖ This exercise strengthens lower back and gluteus muscles
- 1. Lie facedown on a table or bench with a partner holding your upper body. If you have no partner, grasp under the edge of a table.
- 2. Lift legs until legs are even with the top of the table.
- 3. Lower to the beginning position.
Repeat up to 10 repetitions.

Caution: Do not lift any higher. You might lift one leg at a time until you are able to lift both legs at once.

Trunk Lift (Table)

- ❖ This exercise helps strengthen your back muscles
- 1. Lie facedown on a table or bench with a partner holding your legs. Your upper body should hang over the edge.
- 2. Lift your upper body until it is even with the edge of the table.
- 3. Lower to the beginning position. Repeat up to 10 times.

Caution: Do not lift any higher.

Reverse Curl

- ❖ This exercise develops your lower abdominal muscles.
- 1. Lie on your back. Bend your knees, placing your feet flat on the floor. Place arms outside.
- 2. Lift knees to your chest, raising hips off the floor.
- 3. Return to the starting position.

Caution: Do not lower your legs to the floor or hold your breath.

Complete up to 10 repetitions.

Knee-to-Chest

- ❖ This exercise helps correct or prevent lordosis and backaches.
- 1. Lie on your back. Bend your right knee to your chest.
- 2. Grasp your thigh under the knee with your arms. Pull it down tight against your chest. Keep your left leg flat on the floor.
- 3. Return to the beginning position. Repeat with your left leg.
- 4. Pull both thighs to your chest and hug them. Repeat the exercise up to 10 times.

Single Leg Hang

- ❖ This exercise stretches your iliopsoas muscle.
- 1. Lie on your back on a table. Bend knees to your chest.
- 2. Grasp your right leg under your knee with arms. Lower the left leg so that your thigh remains on the table while your knee and the rest of your leg hang over the edge of the table. Have a partner push your left leg down if it comes up. Hold this position for several seconds.
- 3. Return to the beginning position. Repeat switching leg positions. Repeat 10 times with each leg.

Arm and Leg Lift

- ❖ This exercise helps prevent rounded shoulders, sunken chest, and rounded upper back.
- 1. Lie face down with arms stretched in front of you.
- 2. Raise right arm; then lower it. Raise left arm; then lower it. Raise both arms and lower them.
- 3. Raise right leg; then lower it. Raise left leg and then lower it.
- 4. Raise right arm and right leg; lower them. Repeat with left arm and left leg.
- 5. Raise left arm and right leg, then lower them. Raise your right arm and left leg; then lower them.
- 6. Repeat all the steps up to 5 times.

Caution: Do not arch your back.