



# 'GET STRONG' - BACK EXERCISES

**1**



**2**




**LYING PELVIC TILTS**


Lie on your back with your knees bent, feet on the floor and your pelvis and lumbar spine in 'neutral'. Tilt your pelvis backwards by flattening your spine and sliding your tailbone towards your feet. Hold this position for 3 seconds. Relax and repeat.

SETS & REPS: 4-6 reps                      FREQUENCY: Daily

**1**



**2**




**ALTERNATE LEG LIFTS**


Lie on your back with your knees bent, and your back pushing into the ground. Contract your lower tummy muscles. Slowly lift one leg until your hip and knee is bent to 90°. Slowly lower again and repeat with the other leg. Keep your back in contact with the ground throughout and keep breathing.

SETS & REPS: 6-12 times twice                      FREQUENCY: Daily

**1**



**2**




**BRIDGE**


Lie on your back with your arms by your side, knees bent and feet flat on the floor. Squeeze your bottom and raise your hips up whilst pushing your heels into the ground. Squeeze your bottom muscles and hold for 5 seconds. Slowly lower your hips and repeat.

SETS & REPS: 6-12 x twice                      FREQUENCY: Daily

**1**




**2**



**4-POINT KNEELING: ARM & LEG RAISE**

While on your hands and knees, assume a 'neutral' spine position with a ball on your lower back to maintain a flat back throughout. Lift one arm and the opposite leg out straight. Ensure the ball doesn't roll sideways and therefore your spine remains in 'neutral'. Lower and alternate sides. Start with lifting just your arm or leg

SETS & REPS: 6-12 x twice                      FREQUENCY: Daily



**WALKING**

Walk for 20 min per day as your pain allows

SETS & REPS: 20 mins                      FREQUENCY: Daily