Low Back Strengthening

Complete ___ sets of ___ repetitions ___ times a day.

*Lie on back, knees bent.
* Tighten back muscles, arching low back off mat.

*Lie on back, knees bent.
* Tighten abdominal muscles and press low back down into mat.

*Lie on back, knees bent, arm at side.
* Lift head and shoulders off floor, toward knees.
* Keep low back in contact with mat.

*Lie on back, knees bent, arm over chest.
* Lift head and shoulders off floor, toward knees.
* Keep low back in contact with mat.

*Lie on back with arms at side.
* Keeping knees straight, tighten abdominal muscles, and lifting feet about 6 inches from mat.

*Start in 4 point kneeling.
* Lift one leg up, keeping knee bent.

*Start in 4 point kneeling.
* Extend right leg while lifting left arm.
* Reverse position, and repeat.

*Start in 4 point kneeling, back in neutral.
* Round back upward, one segment at a time.
* Reverse back, one segment at a time, keeping neck neutral.

*Lie face down.
* Raise both legs upwards, as shown.

*Lie face down, arms outstretched overhead as shown.
* Raise arm and opposite leg off mat.
* Alternate arm and leg and repeat.

*Lie face down with hips at edge of surface.
* Position lower legs under palms.
* With arms behind back, slowly lower and return back to starting position.

*Attach elastic to secure object, with chair facing opposite way.
* Holding elastic, rotate upper body forward and away from elastic.

*Lie back on padded bar, arms across chest.
* Push back against bar, straightening trunk.

*Place chest on padded bar, arms across chest.
* Push forward against bar, bending at the waist.

*Secure elastic at floor level.
* With elastic in both hands, bend at hip, keeping back in neutral.
* Pull upward and across as shown.

*Secure elastic above head.
* With elastic in both hands, bend at hip, keeping back neutral.
* Pull downward and across as shown.

Courtesy of Vanderbilt Sports Medicine