



HOME EXERCISE PROGRAM: LOW BACK

Disclaimer: This home exercise program is designed to provide general instruction for activities that can be performed with little to no equipment. This program was created using HEP2go.com and was approved by your provider. If video reference is needed for the exercises below, please visit the HEP2go website and reference the video # listed with your exercise.

 <p>BRIDGING</p> <p>While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.</p> <p>Repeat 10 Times Hold 5 Seconds Complete 3 Sets Perform 1 Times a Day Video # VVTJZ7GYR</p>	 <p>SEATED MARCHING</p> <p>While seated in a chair, lift up your foot and knee, set it down and then perform on the other leg. Repeat this alternating movement.</p> <p>Repeat 10 Times Hold 3 Seconds Complete 3 Sets Perform 1 Times a Day Video # VV3HRQ5UJ</p>
 <p>ABDOMINAL BRACING</p> <p>While lying on your back, tighten your stomach muscles as you draw your navel down towards the floor.</p> <p>Repeat 10 Times Hold 5 Seconds Complete 3 Sets Perform 1 Times a Day</p>	 <p>LOWER TRUNK ROTATIONS - LTR - WIG WAGS</p> <p>Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.</p> <p>Repeat 3 Times Hold 10 Seconds Complete 3 Sets Perform 1 Times a Day Video # VVHFZ3NCW</p>
 <p>DOUBLE KNEE TO CHEST STRETCH - DKTC</p> <p>While Lying on your back, hold your knees and gently pull them up towards your chest.</p> <p>Repeat 5 Times Hold 20 Seconds Complete 3 Sets Perform 1 Times a Day Video # VVSHPUFNG</p>	 <p>STANDING LUMBAR EXTENSION - POINTER FINGERS</p> <p>Stand with your hands on your back with index fingers towards the bottom and at the level of your spine in which you want to focus the movement/stretch. Next, lean back and extend your spine at the level of your pointer/index fingers. Return to standing up straight and repeat.</p> <p>Repeat 10 Times Hold 3 Seconds Complete 3 Sets Perform 1 Times a Day Video # VVTFAK93D</p>