

## Low Back Therapeutic Exercises – Level 1

### 1. Back Extension Exercises

- a. Start by lying on your back as shown (*Position 1*)
- b. When you are ready to progress to the next step with little to no pain, press yourself up to your elbows (*Position 2*).
- c. Alternate between position 1 and 2, holding each position for **10** seconds.
- d. Repeat this process **15** times, **twice** a day.
- e. When you are ready (**in 2-3 weeks**, you will start at position 2 and progress to position 3 (pushing yourself up onto your hands from your elbows)
- f. Once you are comfortable holding position 3, alternate between position 2 and 3, holding each position for **10** seconds.
- g. Repeat this process **15** times, **twice** a day.



**Position 1**



**Position 2**



**Position 3**

### 2. Back Flexion Exercises

- a. Start by lying on your stomach as shown (*Position 1*)
- b. When you are ready to progress to the next step with little to no pain, bend your knees as shown (*Position 2*).
- c. Alternate between position 1 and 2, holding each position for **15** seconds.
- d. Repeat this process **15** times, **twice** a day.
- e. When you are ready (**in 2-3 weeks**, you will start at position 2 and progress to position 3 (pulling your knees towards your chest)
- f. Once you are comfortable holding position 3, alternate between position 2 and 3, holding each position for **15** seconds.
- g. Repeat this process **15** times, **twice** a day.



**Position 1**



**Position 2**



**Position 3**