

## Low Back Pain--Exercises

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### Pelvic tilt



Lie on your back with your knees bent. In this relaxed position, the small of your back will not be touching the floor. Tighten your abdominal muscles so that the small of your back presses flat against the floor. Hold for five seconds then relax. Repeat three times and gradually build to 10 repetitions.

### Knees-to-chest



Lie on your back with both legs straight. Bring one knee up to your chest, pressing the small of your back into the floor (pelvic tilt). Hold for five seconds and repeat five times. Repeat exercise on other leg.

### Back stretch

Lie on your stomach. Use your arms to push your upper body off the floor. Hold for five seconds. Let your back relax and sag. Repeat 10 times.



Discontinue any exercise that causes pain.