

STEP 2
 "Keeping abdominal muscles tight, slowly lift your hips off the floor (Squeezing the butt muscles) until body is in straight line."



Abdominal Strengthening 2 Lie on the floor with your back flattened and knees bent to 90 degrees. Take a deep breath. Lift your back and shoulders off the floor with arms extended. Hold for 10 seconds and repeat 3-5 times. Do it twice or thrice each day.



STEP 3
 "Lie on the ball on your back, knees bent to 90 degrees & hands at the back of your neck. Take a deep breath and release while lifting your back & shoulders off the ball."



Abdominal Muscle Strengthening Exercise

Abdominal Strengthening 1 Lie on your back with knees bent & put both hands on your back. Take a deep breath then press down, count for 10 seconds and then relax. Repeat 3-5 times and do twice or thrice each day.

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BACK EXERCISE

Here are exercises that you can do regularly to restore the strength of your back and a gradual return to everyday activities. We may recommend that at least 1 to 3 times a day in your free time to do the following exercises. This guide can help you better understand your exercise and activity program, which should be supervised by your chiropractor and physiotherapist.

Stretching Exercise For The Lower Back

Cat and Camel Stretch Position yourself in all fours with head level to your shoulder. Make sure you equal your balance to have more stability on your back. This exercise also helps you to increase your balance and coordination. Hold for 5-10 seconds and repeat 3-5 times. Do it twice or thrice each day.

Step 2
 "Press Your Back Down"



Step 1
 "Starting Position"



Step 3
 "Stretch Your Back Up"



STEP 4
"Sit on Both Heels with Head Down and Arms Extended"



Do it alternately. Bring both legs to one side keeping your back on the floor. Hold for 10 seconds with breathing and repeat 3-5 times, do twice or thrice each day.



Knee To Chest Lie on your back with knees bent and put both hands in front of your legs. Then start to bring both knees to your chest. Hold it for 10 seconds with breathing and repeat 3-5 times, do twice or thrice each day.

STEP 1
Single Knee to Chest



Lower Trunk Rotation Exercise With Swiss Ball Lie on your back with knees bent and feet heels on top of the ball exercise with arms on the side. Then start to rotate your hips and the ball with head facing upward. Repeat both sides. Hold it for 10 seconds with breathing and repeat 3-5 times, do twice or thrice each day.



STEP 2
Double Knee to Chest



Back Extension Exercises Lie on your chest with arms on the side. Lift your chest 3 to 4 inches off the floor. Hold for 5-10 seconds with breathing and repeat 3-5 times twice or thrice each day.

STEP 1
"Starting Position"



STEP 4
"Start with all fours right arm overhead, left leg raised. Repeat to the opposite side."



STEP 2
"Same as Step 1 but with both Legs off the floor"



Swiss Ball Exercises All exercises hold for 5-10 seconds and repeat 3-5 times. Do it twice or thrice each day.

STEP 1
"Lie down with feet heels and leg propped on ball"

Piriformis Muscle Stretch Lie on your back with both knees bent. Cross one leg on top of the other. Pull opposite knee to chest until a stretch is felt in the buttock/hip area. Hold for 5 seconds and repeat 3-5 times, do twice or thrice each day.



Lower Trunk Rotation Lie on your back with knees bent and feet flat on the floor. Open both arms wide at shoulder level. Then start to rotate your hip together with your legs and head facing the opposite side.

STEP 3
"Left Arm Overhead and Right Leg Raised. Do it alternately."

