



Chronic Back Pain Exercise Program

Physical Therapy at the Primary Health Care

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وزارة الصحة
Ministry of Health

Abdominal & Back Muscles Strengthening Exercises

(Repeat Each Exercise 10 Times)

1



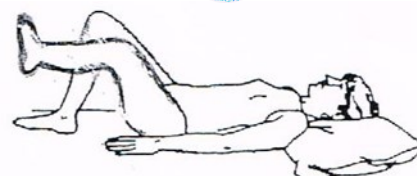
While lying on your back with your knees bent ,Place one hand on your belly. Breathe in slowly through your nose so that your stomach moves out against your hand, then breath out from your mouth.

2



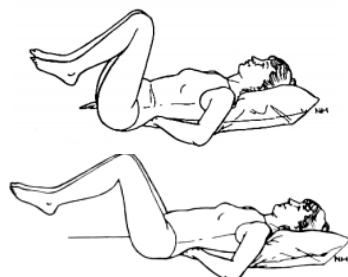
Tilt your pelvis and flatten your lower back on the floor or bed, **(hold for 5 seconds).**

3



Raise one leg **(hold it for 5 seconds), Repeat it for the other leg.**

4



Put your hands under your lower back, then lift your legs up together without bringing it close to your abdomen **(hold for 5 seconds).**

5



From the same position, move your legs like a bike.

6



Lift your pelvis up **(hold for 5 seconds)**

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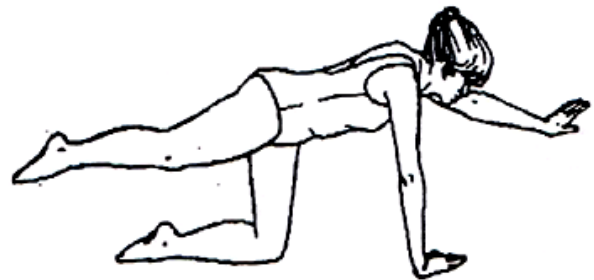
(Repeat Each Exercise 10 Times)

7



From lying on your stomach , place pillow under your lower abdomen for support. Lift one leg up. **Hold for 5 seconds, then relax, repeat it for the other leg.**

8



On all fours with knees under hips and hands under shoulders. Raise one arm and opposite leg of the ground. **Hold for 5 seconds. Repeat it for the other leg. If you don't feel balanced raise your arm only.**

9



From the same position. Inhale and let your belly fall downwards toward the floor as you look up toward the ceiling for **5 seconds**. Then, exhale and arch your back up as far as it will go, at the same time bend your neck forward and look at your belly for **5 seconds**.

