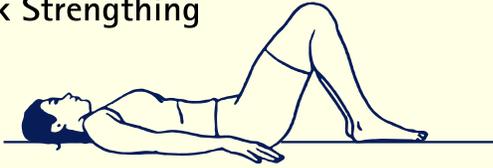


# Exercises for your Back

**Pelvic Tilt/  
Back Strengthening**



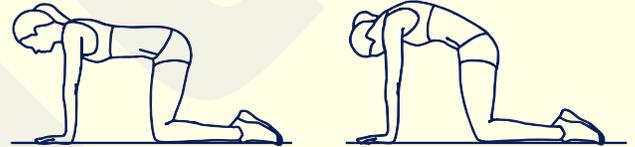
**Bridging**



**Single Knee to Chest**



**Cat and Camel**



**Double Knee to Chest**



**Back Extension**



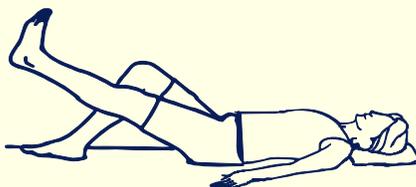
**Hip Rolling**



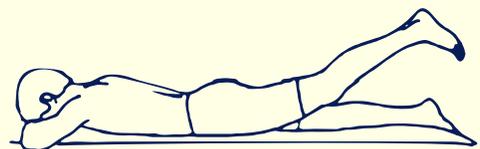
**Press Ups**



**Straight Leg Raises**



**Hip Extension**



Note: In each exercise hold the position for a count of 10 & Repeat 10 times



## Correct Posture



Use of a footrest relieves swayback



Bend the knees and hips, not the waist

Lying on side with knees bent effectively flattens the back. Flat pillow may be used to support neck, especially when shoulders are broad.



Sleeping on back is restful and correct when knees are properly supported



## Tips for a healthy back:

- Exercise your back regularly. Walking, swimming (especially backstroke) and using exercise bikes are all excellent ways to strengthen your back muscles.
- Never twist and bend at the same time.
- Try to carry larger loads in a rucksack and avoid sling bags.
- Maintain a good posture. Avoid slumping in your chair, hunching over a desk or walking with your shoulders hunched.
- Use a chair with a backrest. Sit with your feet flat on the floor or on a footrest. Change how you sit every few minutes.
- Lose any excess weight. Use our Healthy weight calculator to find out if you're a healthy weight for your height.
- Choose a mattress suited to your height, weight and sleeping position.

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