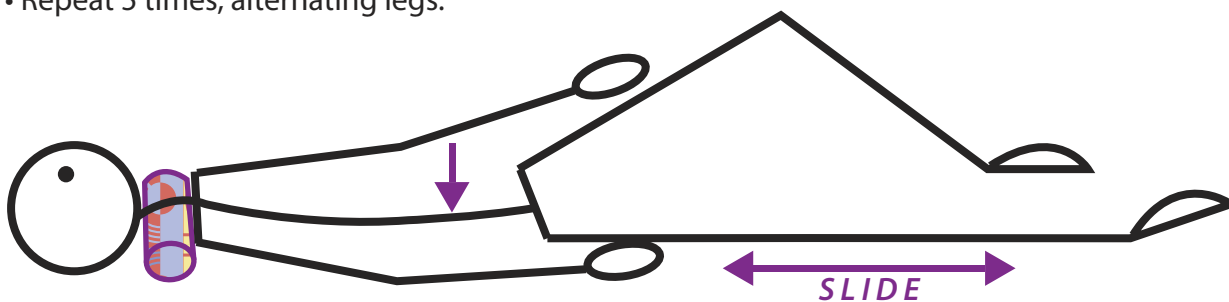


Sore Back 201: Your Next Steps to a Happier Back

- When you can comfortably perform all the exercises in the Sore Back 101 group, you're ready for these.
 - It's important to continue taking your pain medications unless your pain is minimal.
 - You may continue to feel it helpful to keep using ice and/or heat as needed. A good way to use them is to use heat before you start your exercises for 15 minutes & ice afterwards for 15 minutes.
 - Do ALL your exercises in order & do (1) through (5) before you do these.
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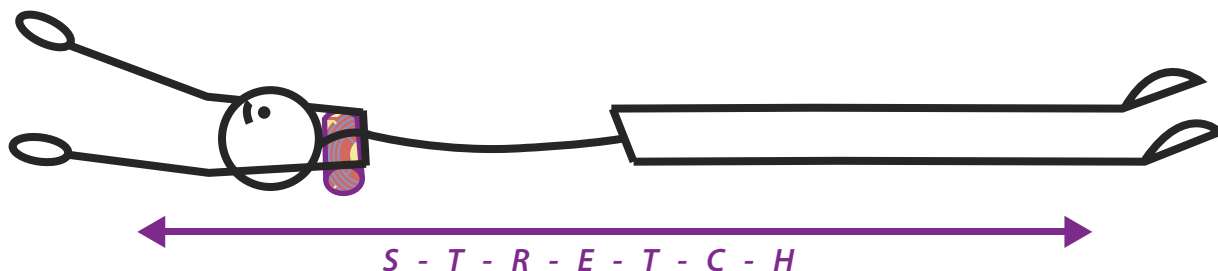
Sore Back 201: (6) Leg Slides with Belly Tuck

- Gently suck in your belly to allow your lower back to flatten a little.
- While keeping your lower back still, slide one heel out until your leg is straight, then slide it back up to the Starting Position.
- Then slide the other leg down the same way & slide it back up to the Starting Position.
- Make sure you are *sliding* the leg up & down, *NOT lifting* it.
- Go slowly & gently. STOP if it hurts.
- Repeat 5 times, alternating legs.



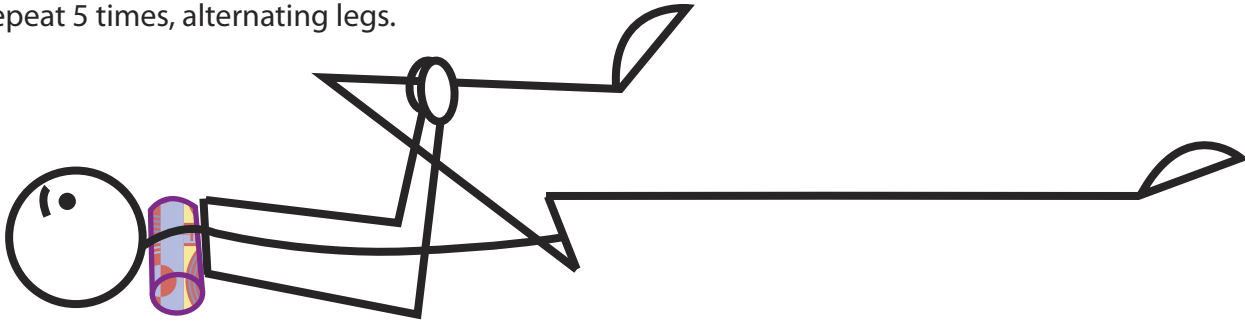
Sore Back 201: (7) "The Rack" ~ Full Body Stretch

- If you've gotten through the previous exercises, try this one.
- Reach both arms over your head & slide your legs out straight.
- Stretch your arms & legs, so that you feel a stretch in your torso.
- Hold for 30 seconds, then relax slowly, bringing your arms back by your side.
- Go slowly & gently. STOP if it hurts.
- You can vary this by focusing the stretch on one side at a time, holding the stretch with one arm & one leg, then the others.
 - Repeat 5 times.



Sore Back 201: (8) Advanced Knee to Chest

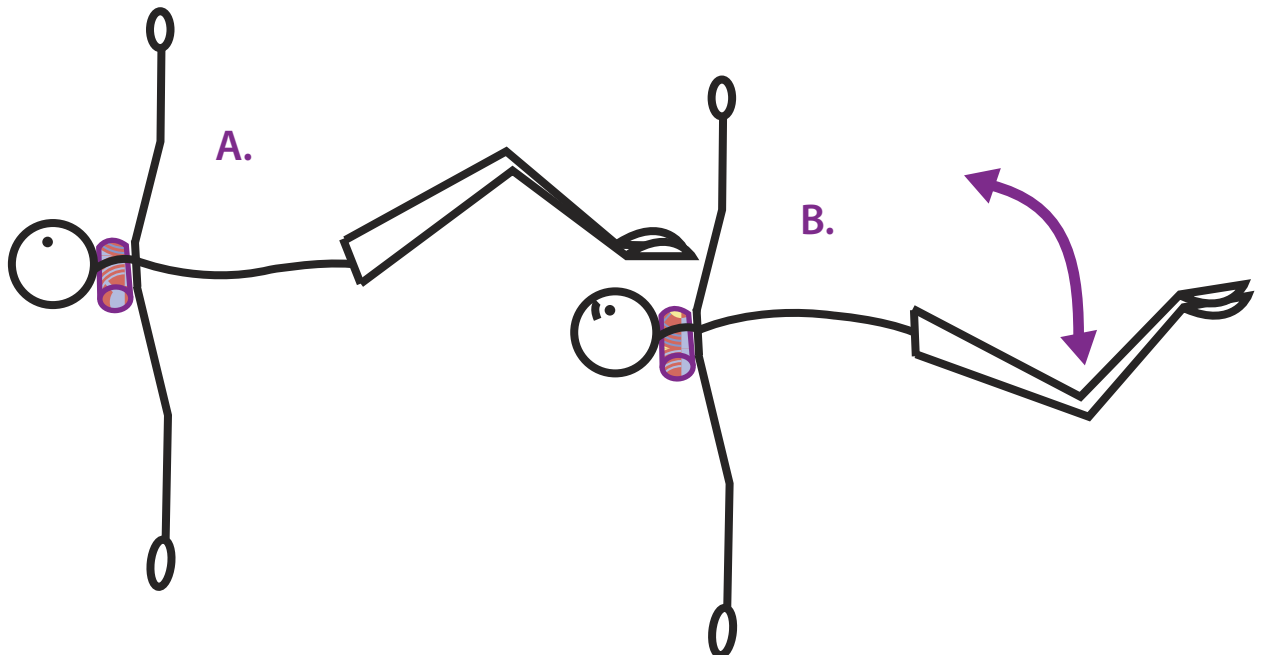
- Get into your Starting Position, both knees bent, feet flat.
- Gently bring one knee up to your chest then slide the other leg down straight.
- Wrap your hands around your bent knee & gently hug it as closely to your chest as possible.
- Make sure you keep your straight leg straight & relaxed.
- Hold for 10 seconds.
- DO NOT bounce your bent leg up & down. Hold it steadily & firmly.
- You should feel a gentle stretch in the bent leg on the back of the thigh &/or lower back, and in the straight leg, you may feel a stretch on the front of the hip.
- STOP if it hurts.
- Lower your leg back to the Starting Position. Hug your other knee to your chest & hold.
- Repeat 5 times, alternating legs.



Sore Back 201: (9) Lower Back Twist

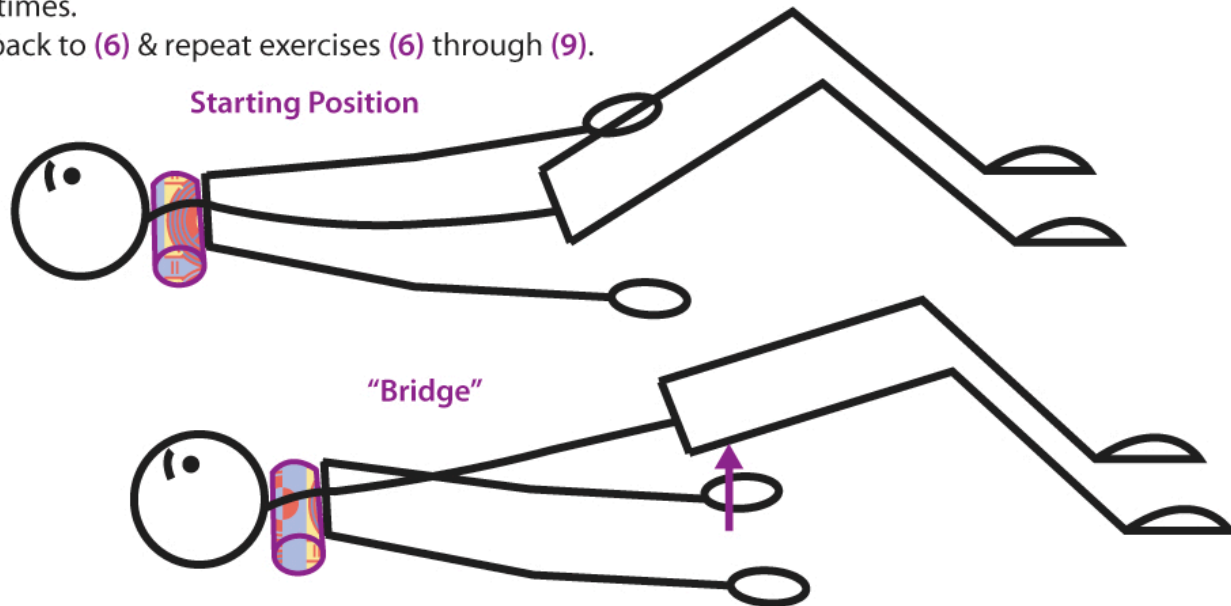
- Get into your Starting Position, knees bent, feet flat.
- Stretch your arms out with your palms up. Keep your shoulders flat throughout this stretch.
- Bring your knees & feet together.
- Gently roll your legs over to one side, as in B, keeping your knees & feet together.
- If you can, let your lower back & hips rotate with your legs.
- If you feel a tolerable stretch, but NO PAIN, let your legs stretch over as far as they will go.
- Hold this position for 10 seconds, then gently bring your legs back to A.
- Roll your legs to the other side. Repeat 5 times, alternating to each side.

**If you cannot stretch your legs to one side without pain, then just gently rock your legs back & forth, from side to side, 5 times. Just keep working on it. This stretch really opens up your lower back.



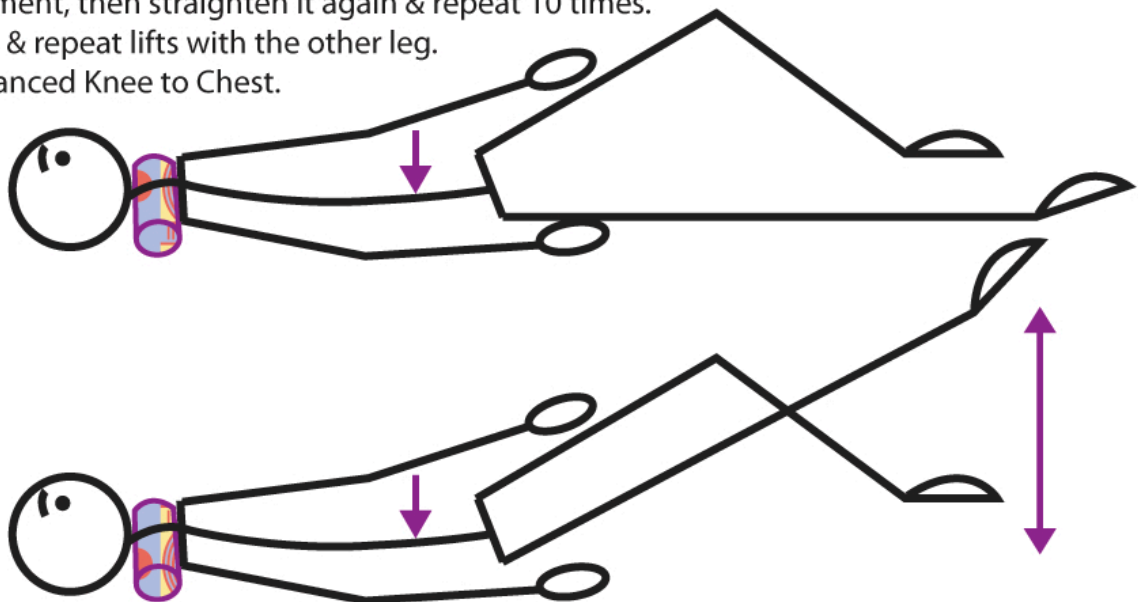
Sore Back 201: (10) Bridges

- Get into the Starting Position.
- Push your feet into the bed & try to lift up your buttocks.
- If it hurts to lift your buttocks, just press your feet down until you feel a muscle contraction in your buttocks & the back of your thighs.
- Hold for 5 seconds, then relax slowly, lowering your buttocks.
- Go slowly & gently. STOP if it hurts.
- Repeat 5 times.
- Then go back to (6) & repeat exercises (6) through (9).



Sore Back 201: (11) Straight Leg Raise

- Start with one leg bent and the other straight. The bent leg allows you to 'set' your stomach muscles & prevent back strain.
- Tighten the knee of the straight leg and lift it about 12".
- Keep your **knee completely straight** throughout the lift.
- Hold leg in the air for 1-2 seconds, then lower it methodically. Don't "drop" it.
- Let knee relax a moment, then straighten it again & repeat 10 times.
- Switch leg positions & repeat lifts with the other leg.
- Then repeat (8) Advanced Knee to Chest.



Congratulations! You are well on your way to having a more resilient back!