Sitting exercises –sit up tall with good posture. Head up.Breathe normally

1.Alternately raise toes and heels 20x
2. Alternately straighten knees (thigh low) hold for count of 3 – relax 20x
3. Alternately raise knees hold for count of 3 – relax
4. Shoulder shrugs. Raise shoulders towards ears and relax down. 10x
5. Stretch arms out to side and then bring them across chest in a hug. 10 x
6. Fingers on shoulders. Alternately stretch fingers out to the front and bring back to shoulder. 10x
7. Fly aeroplanes. Keeping trunk still. Stretch arms out to side. One arm goes up while the other goes down. 10x

Exercise twice daily
Rest if tired

Posture

Walk – erect posture
head up
longer stride length.

Latkes, Norman
031209

Bed Exercises – Breathe normally while performing exercises

1. Ankle pumps – 20x
2 Knees bent with feet flat on bed. Gently push stomach town into bed (breathe!) hold for count of 3..relax - 5x
3. Knees bent with feet flat on bed. Flatten stomach (keep breathing!) Alternately bring knees half way towards shoulder on the same side.5x each side
4. Knees bent with feet flat on bed. Flatten stomach (breathing!) gently raise head and shoulders off bed fingers reaching towards knees.5x
5.Legs straight. Stomach flat. Alternately bend and straighten kness. 10 to 20 x
6. Stomach flat. Alternately slide legs out to side. 20x
7. Roll under knees. Alternately raise heels off bed and hold for count of 3..relax. 20x
8. Tighten buttock muscles (keep breathing) and hold for count of 3 – relax 10x

Rest when tired and after exercising
Exercise twice daily
..

Angela L. Lanes PT

Standing Exercises- 'good posture. Head up. Stomach in and breathe normally

Rest /sit whenever needed!!

1. **Raise up on toes and lower – 10x twice**
2. **Alternately raise heels up to the back – 10x twice**
3. **Alternately raise knees to the front. March. 10x twice**
4. **Alternately raise legs out to the side 10x twice**
5. **Mini squats 10x twice**
6. **Walk sideways –both directions**
7. **Using counter and cane. Walk forwards and backwards**

Exercise once daily

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Rules to Live By

1. Never bend from the waist only; bend the hips and knees.
2. Never lift a heavy object higher than your waist.
3. Always turn and face the object you wish to lift.
4. Avoid carrying unbalanced loads; hold heavy objects close to your body.
5. Never carry anything heavier than you can manage with ease.
6. Never lift or move heavy furniture. Wait for someone to do it who knows the principles of leverage.
7. Avoid sudden movements, sudden "overloading" on muscles.
8. Learn to keep the head in line with the spine when standing, sitting, or lying in bed. Don't slouch.
9. When you do general exercises for fitness, omit any exercise which causes aches or overstrains the lower back (backward bends, forward bends, touching the toes with the knees straight).

Special Notes for Women

1. Wear shoes with no heels or low heels, as higher heels increase the curve of the back (sway back).
2. Put a footrail under your desk and a foot rest under the crib.
3. Diaper the baby while sitting on the bed.
4. Don't stoop and stretch to hang the wash; raise the clothes basket or lower the washline.
5. Borrow or buy a rocking chair. Rocking rests the back by changing the muscle groups used.
6. Train yourself vigorously to use your abdominal muscles to flatten your lower abdomen. In time, this muscle contraction will become habitual.
7. For good posture, concentrate on strengthening "nature's corset"— the abdominal and buttock muscles. The pelvic tilt exercise is especially recommended for women to correct the postural relation between the pelvis and the spine.

Angela L. Lewis, PT

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Your Back. . . Use it, Don't Abuse it!

1. Lifting
   - Use your knees to spare your back.
   - Keep back straight at all times.
   - Never bend from the waist only; bend hips and knees, too.
   - Lift using your legs, even for light objects.
   - Face object you're lifting, never lift and twist.
   - Use both arms to lift.
   - Avoid sudden movements; avoid catching falling objects.
   - If carrying more than one item, distribute the weight evenly between arms (example: grocery bags).
   - Store heavy items on a middle shelf (not bottom)—this puts less stress on your back when you try to pick up the object.
2. Sleeping
   - Sleep on either side with hips and knees bent (knees pulled up toward chest).
   - Sleeping on your side is the best position for your back (placing a pillow between your knees sometimes aids in comfort).
   - Avoid sleeping on stomach if at all possible. If you must sleep on your stomach, place a pillow under your stomach and waist.
   - If you must sleep on your back, place two pillows underneath the knees which aids to flatten the lower back out.
3. Standing and Walking
   - Stand as though you're trying to touch the ceiling with the top of your head.
   - Try to stand with your lower back straight (flattened), tuck your chin and buttocks in.
   - If you stand for prolonged periods of time (example: you work standing up), use some type of footrest, so you stand with one leg bent at your hips and knees. This helps relieve swayback.
   - When walking, keep your toes straight ahead and your chest forward; keep most of your weight on your heels. (Figure 4-1.)
4. Shoes
   - Avoid wearing high heels whenever possible.
   - It's best to wear a shoe with a moderate heel because they put less stress and strain on your back.
5. Sitting
   - Sit in hard chairs, low enough so your feet are flat on the floor (a chair that is too high increases swayback).
   - Use a footrest whenever possible (keep knees higher than hips).
   - Always keep your hips (low back area) about 3° from back of chair. Let the rest of your back be supported by the back rest of the chair.
   - Never sit far away from a typewriter or desk.
6. Working
   - Avoid fatigue caused by work requiring long periods of standing.
   - Take exercise breaks from desk work by getting up, moving around, and performing a few back exercises in a standing position.
7. Driving
   - Never sit far away from the steering wheel (this can cause increased swayback); keep hips and knees bent.
   - On long trips you should stop every 1-2 hours and take a walk.
   - If automobile seat is soft, get a hard seat to put in.
   - When getting into a car, sit down first and then bring your legs into the car.

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8. Reaching
   - Always reach forward; try to avoid reaching way above your head.
   - If an object is too high to reach forward for it, get a stool. (This includes washing windows, changing light bulbs, or any activity done overhead, even painting or hanging curtains).
9. Mopping, vacuuming
   - Shift your weight over your feet (rocking backward and forward).
   - Keep your knees bent to avoid straining your back.
10. Never bend backward excessively, and do not bend forward with knees straight.
11. Always squat (bending hips and knees) when picking up any object, even something very light.
12. Sit down when putting on shoes or pants.
13. Rocking chairs are good—rocking rests the back by changing muscle groups used.
14. When lying on your stomach, do not prop yourself up on your elbows (unless instructed to do so). This causes too much stress on your lower back.
15. Sports can present a problem for the lower back pain individual. Many sports place a strain on the low back are
    a. Which ones you may participate in will depend on if your condition is irritated during activity. The intensity of sports played is also a factor.

Sports that are not recommended
Horseback riding
Weight lifting
Snowmobiling
Downhill skiing

Sports that require caution
Tennis
Racquetball
Cross-country skiing

Sports that are generally best-tolerated
Swimming
Bicycling
Walking

16. Four ways to protect yourself from aggravating your back are:
    - plan your day and week.
    - set priorities, make a list and decide what must be done first.
    - pace yourself.
    - position yourself in good posture when working or resting.

It must be stressed that all sport activities are *individual,*; the above are only guidelines. Pain is the "warning system" to the body that something is wrong—you must heed the warning. It is up to each individual to determine his or her limitation regarding:

a. frequency—how many times a day/ week.

b. duration—how much time spent. (min./hrs.) with activity.

c. intensity—how hard one participates.

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