

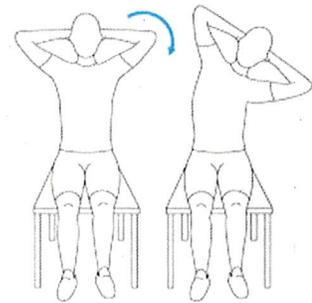


Home Exercises for Back Pain

Strengthening for better posture, reduced pain, and making daily activities easier

1. Seated Side Bends:

- Sit on a chair and place hands behind the head
- Bend sideways while keeping your body facing forwards, maintaining balance, and keeping both feet flat on the floor
- Hold at each side for 5 seconds
- Repeat 10 times a side



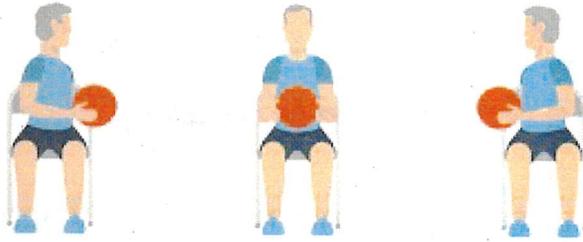
2. Leg Lifts:

- Sit in a chair and place your hands on your thighs
- Extend the leg so that it is straight at the knee
- Hold that position for 3 seconds and repeat 10 times per leg



3. Seated Tummy Twists:

- Sit in a chair and hold an exercise ball level with your stomach (if you don't have an exercise ball that's fine, just hold another weighted object; like a water bottle)
- Rotate your upper body sideways while your feet are flat on the floor and your lower body is facing forward
- Hold at each side for 2 seconds and repeat 10 times a side



Tummy Twists

4. Side Leg Raises:

- Stand behind a chair or counter with one or both hands using resting on it for support
- Lift your right leg out to the side and repeat 10 times for each leg



Side Leg Raises

5. Step Ups:

- Stand at the bottom of a staircase
- Step one foot up onto the bottom step, straighten your body with only the one leg
- Lower yourself back to the ground and step down
- Repeat with the other leg



If these exercises are too easy, you can use a resistance band or a weighted object like a 1 Liter water bottle