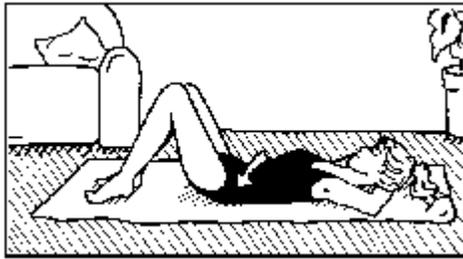


Back Exercises

*Making Your Back Work For You**

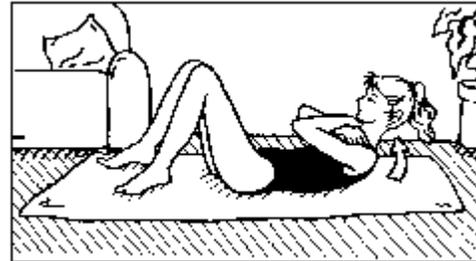
No matter what our jobs are, all of us use our backs every day when we're sitting, standing, lifting, even lying down. A back injury can result in pain, disability, and even loss of income if it prevents us from doing our jobs. Together with proper lifting techniques, back exercises are one of the most important things each of us can do to strengthen our backs and help protect them from accidental injury.

The following exercises, when done on a daily basis, can help keep your back in condition. (Remember, though, if you are experiencing back pain of any sort, check with a healthcare professional before doing these or any exercises.)



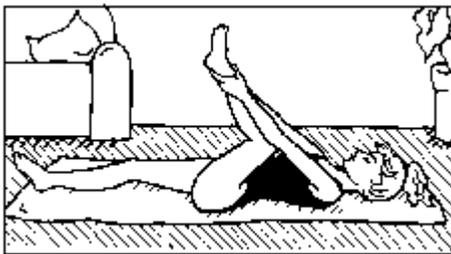
Pelvic Tilt

Lie as shown with knees bent and feet flat on the floor. Slowly tighten your stomach and buttocks as you press your lower back onto the floor. Hold for 10 seconds and then release. Repeat the sequence 5-10 times.



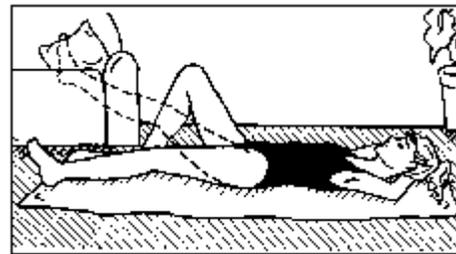
Bent-Knee Sit-Ups

Lie as shown with knees bent and feet and lower back on the floor. Place your arms as shown and slowly raise your shoulders, using your stomach muscles. (Do not stretch with your neck or arms.) Hold for 10 seconds. Relax. Repeat 5-10 times.



Hamstring Stretch

Lie on your back with one leg straight in front of you and the other bent. Hold onto the ankle of your bent leg and slowly try to straighten your leg. (Keep your lower back on the floor.) Hold for 10 seconds. Relax. Repeat 5-10 times, then switch sides.



Leg Lift

Lie on the floor with one leg straight in front of you and the other bent as shown. Slowly raise your straightened leg as far as you can. Hold for 10 seconds. Slowly lower your leg to the floor. Relax. Repeat 5-10 times, then switch sides.



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