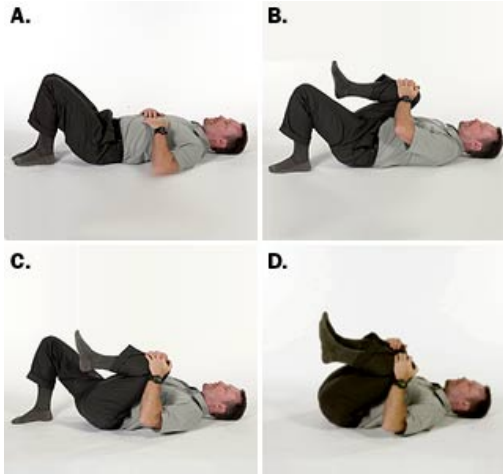
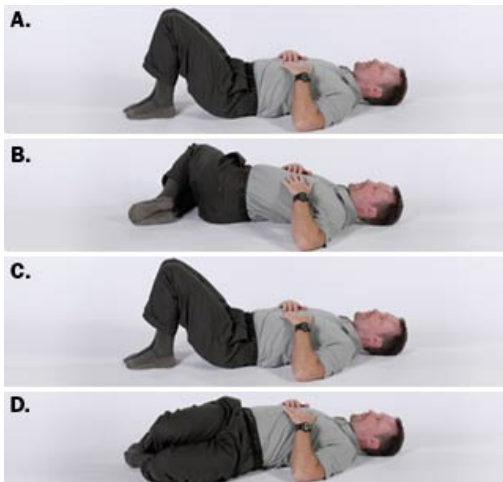


Back exercises in 15 minutes a day



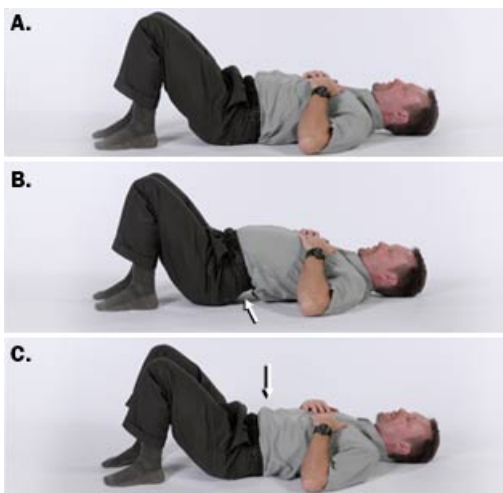
Knee-to-chest stretch

Lie on your back with your knees bent and your feet flat against the floor. Using both hands, pull up one knee and press it to your chest. Hold for 15 to 30 seconds. This will stretch some of your lower back and buttock muscles. Return to the starting position, and then repeat with the opposite leg.



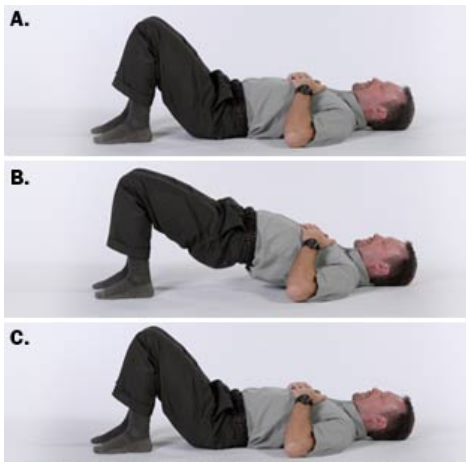
Lower back rotational stretch

While keeping your shoulders firmly on the ground, first roll your bent knees to one side, hold for five to 10 seconds, and then repeat on the other side. This will stretch some of your lower back and buttock muscles.



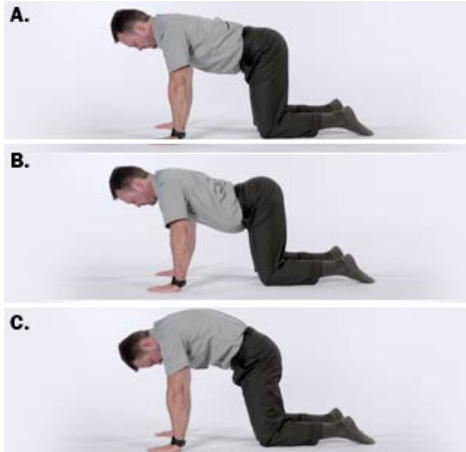
Lower back flexibility exercise

From the starting position, arch your back so that it feels like your pelvis is pointing toward your feet. Hold for five seconds, relax. Then flatten your back, pulling your bellybutton toward the floor. It should feel like your pelvis is pointing toward your head. Hold for five seconds, relax. Repeat.



Bridge exercise

Lie on your back with knees bent and feet flat on the floor. With shoulders and head relaxed on the floor, keep abdominal muscles tight and raise your hips off the floor to form a straight line from knees to shoulders. This will strengthen your hip and thigh muscles and also strengthen your core muscles. Try to hold this position long enough to complete three deep breaths. Return to the starting position. Repeat.



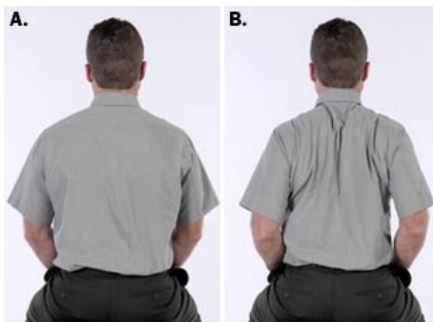
Cat stretch

Get down on your hands and knees. Slowly let your back and abdomen sag toward the floor. Then slowly arch your back away from the floor. Pull your abdomen up toward the ceiling. Repeat. This is a good exercise for increasing your lower back flexibility.



Seated lower back rotational stretch

While sitting in an armless chair, cross your right leg over your left. Bracing your left elbow against the outside of your right knee, twist and stretch the muscles of your mid-back. Repeat on the opposite side. This will assist with stretching some of your lower back and deep hip and buttock muscles.



Shoulder blade squeeze

Sit upright in an armless chair. Keep your chin tucked in and shoulders down. Pull your shoulder blades together, straighten (but don't arch) your upper back, and hold your chest high. Hold for five seconds, relax. Repeat. This exercise will strengthen your shoulder blade and upper back muscles.