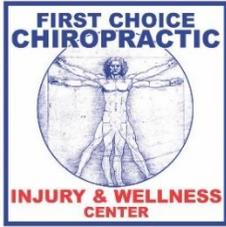


Patient Name: _____

Date: _____



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Brett M. Herrington, D.C, P.A.
Ravi Rai, D.C.
Craig Cusson, D.C



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EXERCISE FOR STRENGTHENING LOW BACK

**Repetitions, Sets and Hold Times: Do 5-10 repetitions each, Hold for 10-30 seconds, Perform 1-3 sets each.*

THE BRIDGE

1. Lie on you back with your hands at your sides, knees bent and feet flat on floor under your knees.
2. Tighten your abdominal and buttock muscles.
3. Raise your hips to create a straight line from your knees to your Shoulders.
4. Squeeze your core and pull your belly button back toward your spine.
5. Hold for 10-30 seconds.
6. Repeat 5-10 times. Do 1-3 sets a day.



PRONE PRESS-UP ON ELBOWS

1. Lie on your stomach with your feet slightly apart. Rest your forehead on the floor. Relax your stomach and back muscles.
2. Keeping your neck straight, push yourself up on your forearm-only until you feel some tension in your lower back.
3. Hold for 10-30 seconds. Then slowly lie back down.
4. Repeat 5-10 times. Do 1-3 sets a day.



PRONE SINGLE LEG RAISE

1. Lie face down on the floor.
2. Gently tighten your core muscles by keeping your abdominal muscles engaged.
3. Keeping your abs engaged and your knees straight, slowly lift one leg up backward.
4. Hold your leg straight up in the air for 2-5 seconds, then slowly lower your leg back to the floor. Alternate legs, be sure you do not rotate your back or your pelvis while lifting your leg.
5. Repeat 5-10 times. Do 1-3 sets a day.



LEG RAISE

1. Move to your hands and knees, knees under hips and hands under shoulders. Keep your neck and back neutral.
2. (not arched or bent).
3. Squeeze right glute and hamstring to lift right leg to ceiling.
4. Make sure to keep abs tight and back straight.
5. Hold for 2-5 seconds.
6. Repeat 5-10 times. Switch legs. Do 1-3 sets a day.



TWO CONVENIENT
LOCATIONS:

FCC: 2575 HARN BLVD CLEARWATER, FL 33764 P:727-535-7799
SS: 8400 113th ST SEMINOLE, FL 33772 P:727-201-4549