







## *Back Strength Exercises*

	<p><b>1. Knee to chest:</b> On your back, bring one knee in towards your chest gently until you feel a comfortable stretch in buttocks or low back. Hold 30 seconds. Ease off if you get a pain in your low back or leg. Do each leg.</p>
	<p><b>2. Hamstring Stretch:</b> On your back, raise one leg up, hold with two hands behind the knee. Slowly straighten the knee until you feel a gentle stretch on the back side of your leg. Hold for 30 seconds. Do both legs.</p>
	<p><b>3. Hip Strength:</b> Place left ankle on the right knee. Gently push left knee away from the body. You should feel this stretch in your left hip area. Hold for 30 seconds. Complete with the opposite leg.</p>
	<p><b>4. Buttocks Stretch:</b> Place left ankle on the right knee. Try to pull upon the right leg towards your chest. You should feel this stretch on the left buttocks. Hold 30 seconds. Complete with the opposite leg.</p>
	<p><b>5. Piriformis Stretch:</b> With legs in the position noted at the left, pull your right knee gently towards your left shoulder. You should feel this stretch in the right buttocks. Repeat with the other side, hold 30 seconds each.</p>
	<p><b>6. Rotations:</b> On your back, place feet and knees together, and both arms out to the side to keep your upper back flat. Rotate the knees side to side only within a comfortable range. You should feel stretching in the right low back when taking the knees to the left and vice versa. Hold for 30 seconds each.</p>