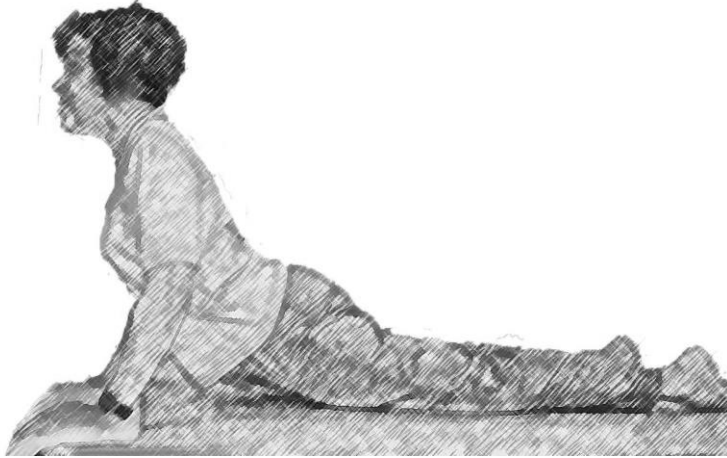


Exercises for Back Strength, Vertebra and Disc Protection



1. Prone Pressups: Keep your pelvis “down” as you press your chest upward, one vertebra at a time. Keep your head in line with the rest of your vertebrae (don’t bend your neck backward.)
DO _____ times at _____ times/day



2. Standing Back Bends: Place your hands in your low back and arch backwards, with your stomach held in at the same time. Repeat with your fists higher up. DO _____ times at _____ times/day

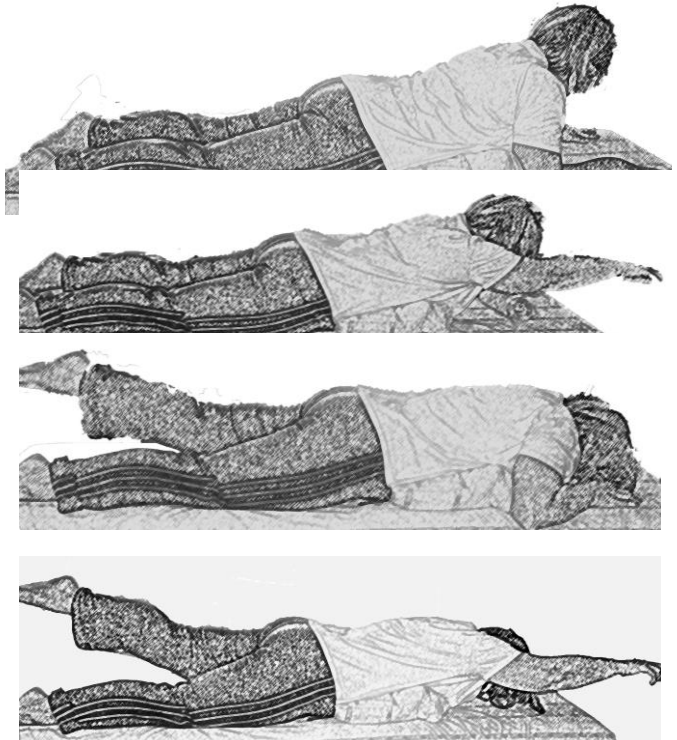
3. Prone on elbows arm and leg lifts:

Keep your stomach in you reach out with each arm and leg one at a time, and then opposite arm and leg together for 1 to 7 seconds each time. **USE PILLOW UNDER STOMACH IF NEEDED FOR BACK COMFORT.**

Arm lift _____ times at _____ times/day

Leg lift _____ times at _____ times/day

Arm/leg lift _____ times at _____ times/day



FOR ALL OF THE EXERCISES:

NO PAIN EVER!