

HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

LOWER BACK STRENGTH EXERCISES



Start by lying face down on the floor. Now lift one arm and the opposite leg up about 30 cm above the ground. To start with, lift and relax, then repeat on the other side. Do 10 reps. Build to 20 reps. When that is easy, go back to 10 reps. But this time lift and hold for a count of 5. Build back to 20 reps. again. This can be done using same side arm and leg as above.



When you can handle the above exercise, then progress to both arms and both legs at the same time, firstly lift and relax 10 reps. then build to 20 reps. Then do lift and hold for 5 counts, 10 reps. building to 20.



The first exercise above can be done on hands and knees using the same process. Only ever bring arms and legs up to horizontal.