



Exercises for Low Back Pain 腰痛病人運動治療(英文)

Keep the Following things in Mind

1. Select a firm mattress and box spring set that provide good supports.
2. Sleep with your back curved and knees bent slightly; do not draw your knees up to your chest though.
3. When standing up from the lying position, turn on your side, draw up both knees and swing your legs on the side of the bed. Sit up by pushing yourself up with your hands. Avoid bending forward at your waist.
4. Choose a chair with a comfortable seat and back. The chair should support your body including your lower back. If the chair does not offer good back support, consider using a low back cushion or rolled up towel. Never dangle your feet.
5. Avoid wearing high-heels and keep your back straight and bend your knees slightly and your legs slightly apart. .
6. To pick up an object lower than the level of your waist, do not bend forward with your knees straight.
7. Avoid overusing your back by keeping good postures and rest plenty. Use back supports if your physician suggests so.

Exercises for Low Back Pain

1. Pelvic Tilt exercise: Lie on your back with your knees bent to 45 degree and your feet on the floor. Tighten your abdominal muscles and push your low back into the floor. Hold this position for 5 seconds and then relax. (Fig 1)
2. Knee to chest exercise:

Lie on your back and feet flat on the bed or floor. Raise your knees toward your chest. Place both hands over your knees and gently pull your

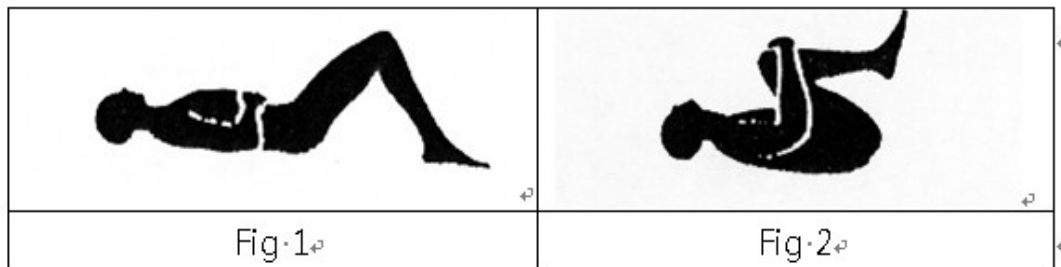
knees as close to your chest as possible. Do not raise your head. (Fig 2)

3. Back leg swinging exercise:

Stand behind a chair with your hands on the back of the chair. Lift one leg back and up while keeping the knee straight. Return slowly. Raise another leg and switch.

4. Wall squats exercise:

Stand with your back against a wall with your feet shoulder-width apart. Slide down to a crouching position with knees bent to 90 degrees. Count to 5 and slide back up to the wall.



When doing the exercise, do not hold your breath and keep a steady pace. If you feel any discomfort or painfulness, stop the exercises immediately and consult your physician.