Preventative Back Exercises
Routine For: CU Recreation Patrons
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BACK - 2 Press-Up
Press upper body upward, keeping hips in contact with floor.
Keep lower back and buttocks relaxed. Hold 10 seconds.
Repeat 3 times per set. Do 1 sets per session.
Do 1-3 sessions per day.

BACK - 14 Angry Cat Stretch
Tuck chin and tighten stomach, arching back.
Repeat 5-8 times per set. Do 1 sets per session.
Do 1-3 sessions per day.

BACK - 21 Mid-Back Rotation Stretch
Reach to each side as far as possible, keeping chest low to floor. Hold 10 seconds.
Repeat 3 times per set. Do 1 sets per session.
Do 1-3 sessions per day.

BACK - 17 Lower Back Stretch (Sitting)
Sit in chair with knees spread apart. Bend forward to floor.
A comfortable stretch should be felt in lower back.
Hold 10-12 seconds.
Repeat 3 times per set. Do 1 sets per session.
Do 1-3 sessions per day.

BACK - 35 Lumbar Rotation (Non-Weight Bearing)
Feet on floor, slowly rock knees from side to side in small, pain-free range of motion.
Allow lower back to rotate slightly.
Repeat 10 times per set.
Do 2 sets per session.
Do 1-3 sessions per day.

BACK - 99 Quadratus Stretch
Sit cross-legged. Try to touch nose to right knee. Keep buttocks on floor.
Repeat 3 times per set. Do 3 sets per session.
Do 1-3 sessions per day.

BACK - 22 Pelvic Tilt
Flatten back by tightening stomach muscles and buttocks.
Repeat 10 times per set.
Do 3 sets per session.
Do 1-3 sessions per day.

BACK - 43 Scapular Retraction: Bilateral
Facing anchor, pull arms back, bringing shoulder blades together.
Repeat 12-15 times per set.
Do 3 sets per session.
Do 1-3 sessions per day.

BACK - 42 Lumbar Diagonal Rotation: Resisted (Standing 2)
With left side toward anchor, feet slightly offset, reach down across body. Straighten upper body, rotating up to other side.
Repeat 12-15 times per set.
Do 3 sets per session.
Do 1-3 sessions per day.

BACK - 41 Lumbar Diagonal Rotation: Resisted (Standing 1)
With left side toward anchor, reach up and out to side. Bend body, rotating down to other side.
Repeat 12-15 times per set.
Do 3 sets per session.
Do 1-3 sessions per day.

Disclaimer: The content of this handout is provided as general information and may not apply to specific individuals or injuries. The information is not intended to replace the medical advice of a physician.