


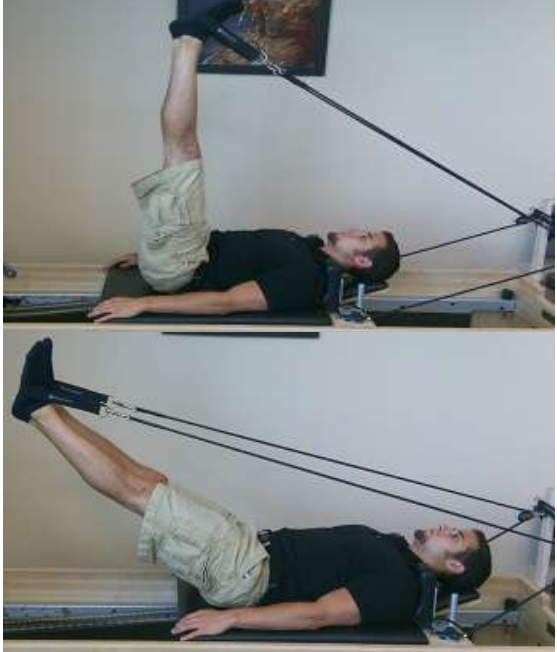





Pilates for Lower Back Pain

The following exercises are commonly used for Pilates based rehabilitation. However, each person's condition is unique. We recommend that you consult with your physician or physical therapist before performing these exercises.

Rocky Mountain Orthopaedic - Physical Therapy

<p>Double leg squat Position the balls of your feet on the bar and press. Don't fully straighten knees.</p>		
<p>Single leg squat Position the ball of your foot on the bar and press. Don't fully straighten knee.</p>		
<p>Cat Walks Alternate straightening knee and dropping heel.</p>		
<p>Double leg pull down Position straps around feet. Breathe out and draw your abs in while pulling your legs down to a 30 degree angle. When returning to the top position allow the back of your leg to stretch and butt to lift slightly.</p>		
<p>The "V" Position straps around feet with your legs spread apart. Breathe out and draw your abs in while pulling your legs down and together to a 30 degree angle. When returning to the top position allow the back of your legs and groin to stretch.</p>		

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<p>Arm pull downs Keep your arms straight, knees and hips at 90 degrees while pulling arms down towards side. Breathe out and draw abs in while pulling down.</p>		

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Bicycle

Breathe out and draw abs in while pulling arms down to side and reaching one leg out at a time. Don't allow back to arch.



Double leg reach

Start in bicycle start position. Breathe out, draw abs in while pulling arms down to side and reaching legs out. Don't allow back to arch.

