

Core Strengthening for Low Back Pain

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

Phase 1 Core Strengthening

Ab Leg Reach

Breathe out and draw your abs in while reaching your leg away. Emphasize using your abdominal muscles to keep your back from arching. Repeat 10 to 20x each side.



Ab Arm & Leg





Breathe out and draw your abs in while your arms and legs move apart. Emphasize using your abdominal muscles to keep your back from arching. Repeat 20 to 40x






Ab Lateral Arm

Breathe out and draw your abs in while reaching your arm out to the side. Emphasize using your abdominal muscles to keep your trunk from twisting. Repeat 10 to 20x each side.



<p>Side to Side Ball Roll Keep your legs straight as you gently roll the ball side to side. Use your abdominal muscles to make this a smooth, controlled motion. Repeat 10 to 20x.</p>	
<p>Butt Lift Breathe out and draw your abs in while lifting your butt off of the table. Repeat 10 to 20x.</p>	
<p>Ball Squat Lean against ball with ball positioned on butt and feet shoulder width apart. Keep back straight and vertical while squatting to a depth that is comfortable for your knees. 10-30x</p>	
<p>Side Leg Lift Lie on your side against a wall or couch. Keep your top leg straight and foot horizontal while lifting your leg. Breathe out and draw your abs in while lifting. 10-30x</p>	

<p>Phase 1b Core Strengthening Butt Lift / Roll</p> <p>Breathe out and draw your abs in while lifting your butt and rolling the ball toward your butt. Repeat 10 to 20x.</p>		
<p>Butt Lift / March</p> <p>Breathe out and draw your abs in while lifting your butt. While elevated alternate lifting one leg off of the ball then switch legs. Repeat 10 to 20x.</p>		
<p>Bicycle</p> <p>Breathe out and draw your abs in while holding one leg still and reaching the other away. Emphasize using your abdominal muscles to keep your back from arching. Repeat 10 to 20x.</p>		
<p>Superman</p> <p>With feet against wall and ball at abdomen, straighten legs, extend trunk and reach arms forward. Hold 10 seconds repeat 5 – 10x</p>		

Sit Back

With feet against wall, keep your back straight as you lean back and allow the ball to roll forward.

