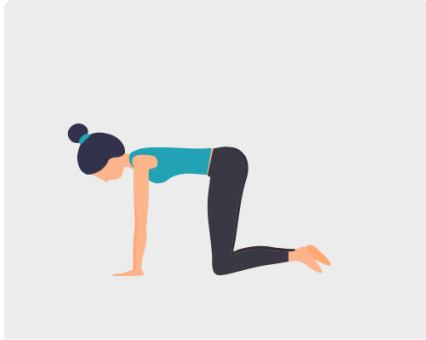


Easy Exercises to Relieve Low Back Pain

Time to Completion: 10 minutes

EXERCISE 1: CAT AND CAMEL - [REPEAT 10 TIMES](#)



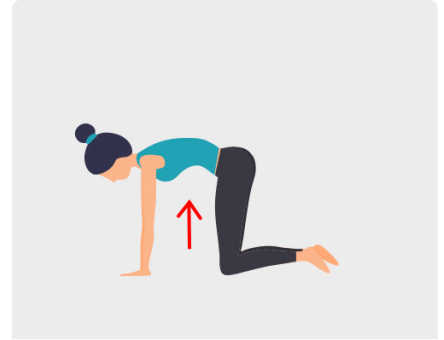
STEP 1

Get down on your hands and knees.



STEP 2

Let your stomach sag, allowing your back to curve downward. Hold for 5 seconds.

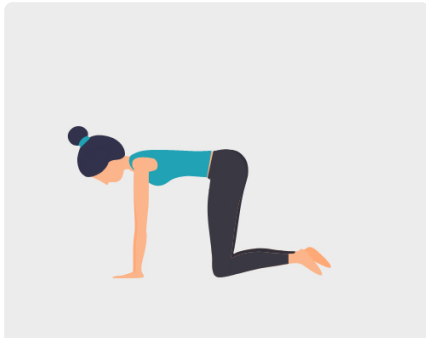


STEP 3

Arch your back. Hold for 5 seconds.

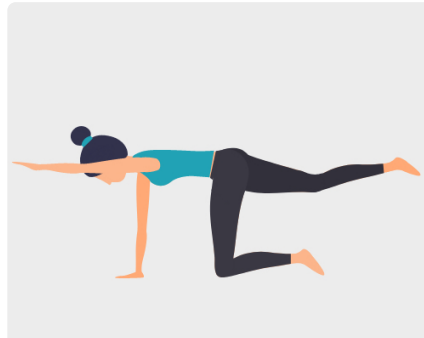
HOLD FOR 5 SECONDS

EXERCISE 2: QUADRUPED ARM/LEG RAISE - [REPEAT 10 TIMES](#)



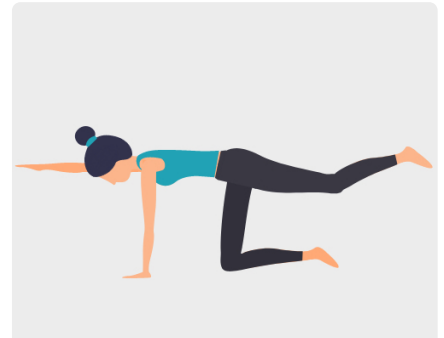
STEP 1

Get down on your hands and knees. Tighten your abdominal muscles to stiffen your spine.



STEP 2

While keeping your abdominals tight, raise one arm and the opposite leg away from you. Hold for 5 seconds.

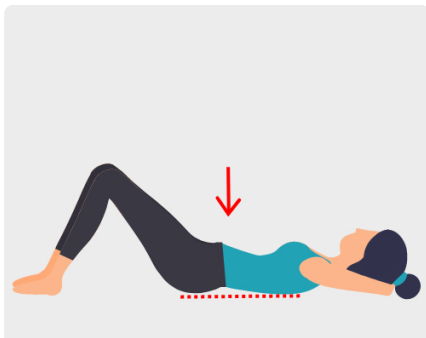


STEP 3

Lower your arm and leg slowly and alternate sides.

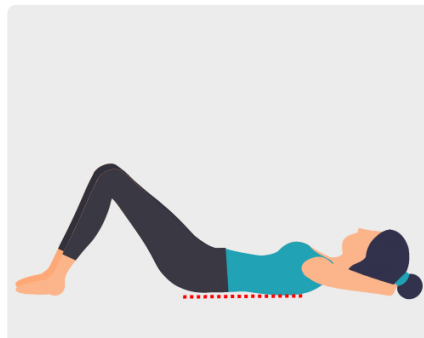
HOLD FOR 5 SECONDS

EXERCISE 3: PELVIC TILT - [REPEAT 10 TIMES](#)



STEP 1

Lie on your back with your knees bent and your feet on the floor.

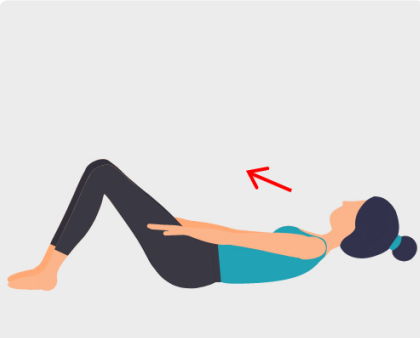


STEP 2

HOLD FOR 5 SECONDS

Tighten your abdominal muscles and push your lower back into the floor. **Hold for 5 seconds.**

EXERCISE 4: PARTIAL CURL - REPEAT 10 TIMES



STEP 1

Lie on your back with your knees bent and your feet flat on the floor. Tighten your stomach muscles and flatten your back. Tuck your chin to your chest.



HOLD FOR 3 SECONDS

STEP 2

With your hands stretched out in front of you, curl your upper body forward until your shoulders clear the floor. **Hold for 3 seconds.**