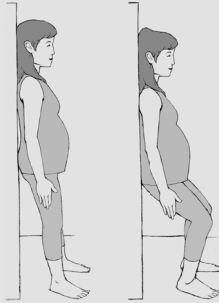


EXERCISES FOR YOUR BACK



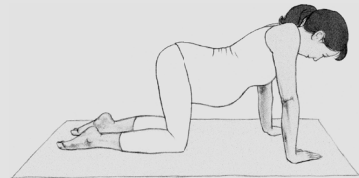
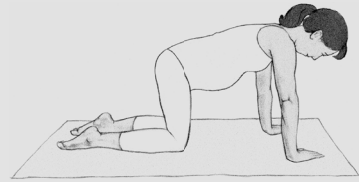
The standing back extension. Standing, place your hands at your lower back at the level of your waist. Using your hands as a fulcrum, bend your upper back backward and over your hands. Don't strain your tummy. Return to standing. Repeat five to ten times.



The standing pelvic tilt. Stand with your back against a wall, feet shoulder width apart, heels a few inches from the wall. Slide down the wall an inch or two and rotate your hips so that your lower back flattens against the wall. Hold for five seconds, then release and stand. Repeat ten times.



The tailor sitting stretch. Sit with the soles of your feet together. Apply gentle pressure to the insides of your knees with your hands. Be careful not to bounce your legs. Hold the stretch for thirty seconds, then release. Repeat ten times.



The pelvic rock. Get down on all fours, with your hands directly under your shoulders and your knees under your hips. Your arms should be vertical, not slanted. Rock your pelvis back to flatten out your back, then rock your pelvis forward and let your back sag. Repeat ten times. Don't allow your back to arch, particularly if you have sciatica.