



Back Injury Prevention Exercises

Ball Bounces

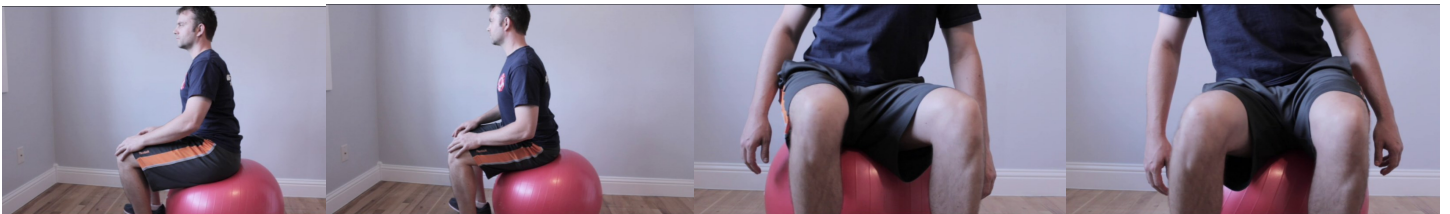
small spinal muscles



Bounce aggressively so your balance is challenged. Progress to holding one leg up at a time. Then progress to closing your eyes and holding one leg up at a time. Do this (including both sides) for 2 minutes.

Hip Hikes

quadratus lumborum



Raise each hip as high as you can. Be sure to swing all the way over to each direction like a pendulum. Complete 10 on each side.

Plank Walks

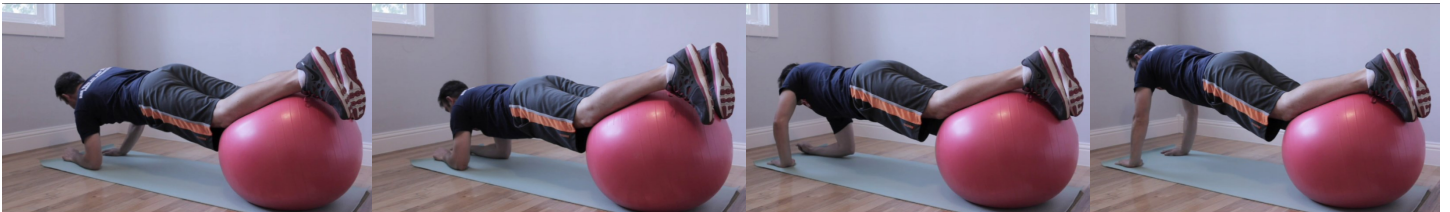
small spinal muscles, back and abdominal muscles



Start with your chest on the ball and walk out on your hands, being sure to engage your abs and keep your back flat. Hold as long as desired – working up to 30 seconds, then walk back and start over. Complete 5 times. Beginner level: hold at your knees. Advanced: walk out so your toes are on the ball.

Elbow Push-Ups

small spinal muscles, back and abdominal muscles



From the plank position on the ball (either holding at the knees or toes), lower the left elbow, then right. Come back up on the left hand and then the right. Start the next repetition by lowering with the right elbow first. Complete a total of 10 times (5 on each side).

Side Planks

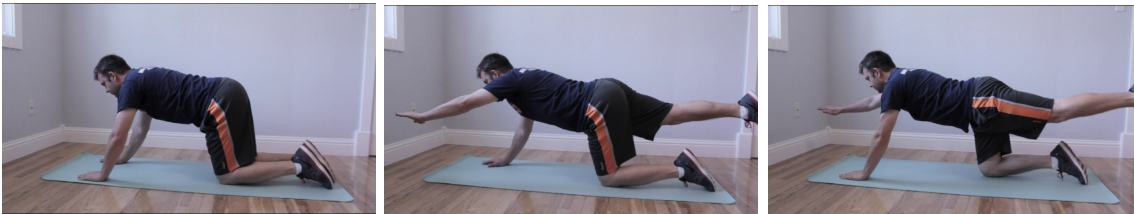
obliques



Balancing on your elbow, raise your hip up as high as you can. Work up to holding for 1 minute on each side. Beginner level: place your weight on your knees. Advanced: place your weight on your feet. You can also bring your arm up to increase the difficulty.

Quadruped

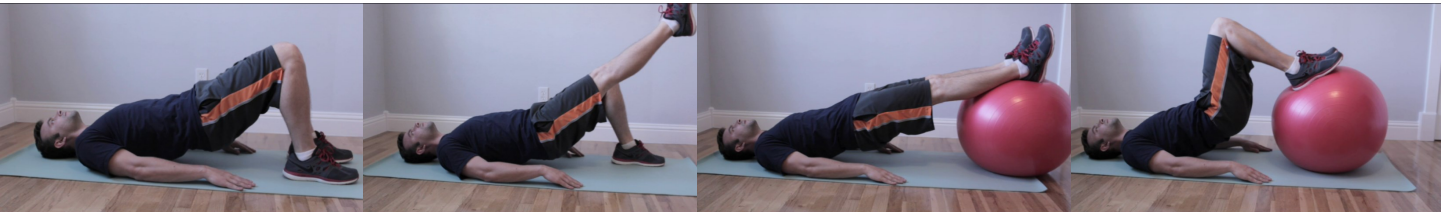
back muscles



Starting on all fours, engage your abs and raise opposing limbs. Be sure to keep your back flat. Hold for 5-10 seconds. Complete 10 repetitions (5 on each side).

Bridges

hamstrings and glutes



Beginner: Press through your heels and raise your hips. Hold for 30 to 90 seconds and repeat 3 times.

Advanced progression 1: From the bridge position, raise one leg up, keeping your hips high. Slowly lower your leg until it's barely off the ground and then bring it back in. Repeat 5 times on each side.

Advanced progression 2: Do the bridge with your heels on a ball using your arms to maintain balance. Hold.

Advanced progression 3: Complete a hamstring curl by pulling the ball inward, then bring it back to starting position. Repeat 10 times.

Hamstring Stretch

Find a doorway so you can rest one leg up on the wall and let the other leg lie on the ground. Your whole body should be relaxed. Do this on each side for 1 minute, ideally twice on each side.

Move closer to the wall as you become more flexible.

