

Exercises for a Healthy Back



Diagonal Curl

This exercise strengthens the muscles of the back, hips, and abdomen. If your pregnant patient has not already been exercising regularly, she should skip this exercise.

1. Sit on the floor with knees bent, feet on the floor, and hands clasped in front of you.
2. Twist your upper torso to the right until your hands touch the floor. Do the same movement to the left. Repeat on both sides 5 times.



Forward Bend

This exercise stretches and strengthens the muscles of the back.

1. Sit in a chair in a comfortable position. Keep your arms relaxed.
2. Bend forward slowly, with your arms in front and hanging down. Stop bending if you feel any discomfort on your abdomen.
3. Hold for 5 seconds, then sit up slowly without arching your back. Repeat 5 times.



Back Press

This exercise strengthens the muscles of the back, torso, and upper body and promotes good posture.

1. Stand with your back against a wall with your feet 10–12 inches away from it.
2. Press the lower part of your back against the wall.
3. Hold for 10 seconds, then release. Repeat 10 times.



Backward Stretch

This exercise stretches and strengthens the muscles of the back, pelvis, and thighs.

1. Kneel on hands and knees, with your knees 8–10 inches apart and your arms straight (hands under your shoulders).
2. Curl backward slowly, tucking your head toward your knees and keeping your arms extended.
3. Hold for 5 seconds, then return to all fours slowly. Repeat 5 times.

Exercises for a Healthy Back (continued)



Rocking Back Arch

This exercise stretches and strengthens the muscles of the back, hips, and abdomen.

1. Kneel on hands and knees, with your weight distributed evenly and your back straight.
2. Rock back and forth for a count of 5.
3. Return to the original position and curl your back up as far as you can. Repeat 5–10 times.



Trunk Twist

This exercise stretches the muscles of the back, spine, and upper torso.

1. Sit on the floor with your legs crossed.
2. Hold your left foot with your left hand using your right hand for support.
3. Slowly twist your upper torso to the right.
4. Switch hands and repeat on the left. Repeat on both sides 5–10 times.



Leg Lift Crawl

This exercise strengthens the muscles of the back and abdomen. Kneel on hands and knees, with your weight distributed evenly and your arms straight (hands under your shoulders).

1. Lift your left knee and bring it toward your elbow.
2. Straighten your leg back. Do not swing your leg back or arch your back. Repeat on both sides 5–10 times.

Upper Body Bends

This exercise strengthens the muscles of the back and torso.

1. Stand with legs apart, knees bent slightly, with hands on hips.
2. Bend forward slowly, keeping your upper back straight, until you feel the muscle stretch along your upper thigh. Repeat 10 times.

