

## Back Strengthening Exercises

According to Healthline Association, it is quite alarming that around 75 to 80 percent of adults across the globe are currently suffering from lower back pain. This distressing concern requires the immediate attention of medical professionals to classify and recommend specific back strengthening exercises helpful in alleviating and preventing lower back pain.

Back Strengthening exercises targets the following back muscles to enhance their strength and performance;

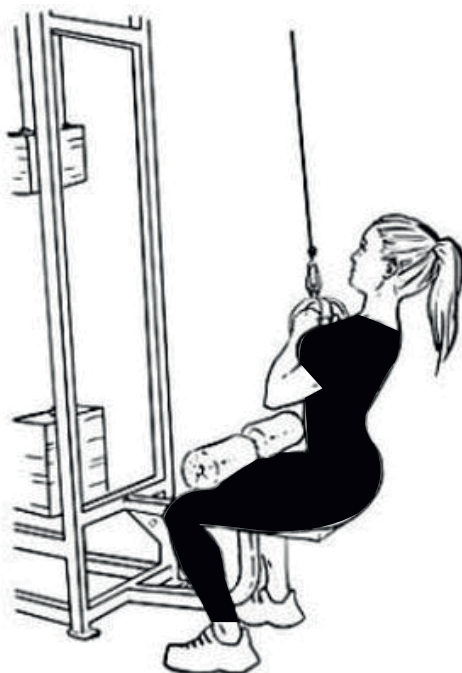
- ☒ Lats (exist below armpits at the downsides of back)
- ☒ Rhomboids (in the mid-upper back)
- ☒ Traps (run from the neck to mid-back)
- ☒ Erector spinae (group of muscles runs along the spine)

Your doctor or Physical Therapist will guide you about selecting suitable exercise according to your physical condition and the time when you can start these exercises.

### *Guidelines to perform Back Strengthening Exercises*

**\*\* The Warmup:** You should start the exercise with 5 to 10 Minutes session of Moderate Cardio that plays a significant role in blood pumping and awakening the body muscle. Moreover, it must be followed up with a 5-minute dynamic stretching sequence to prepare your back for targeted exercises.

#### **Lat Pulldown**



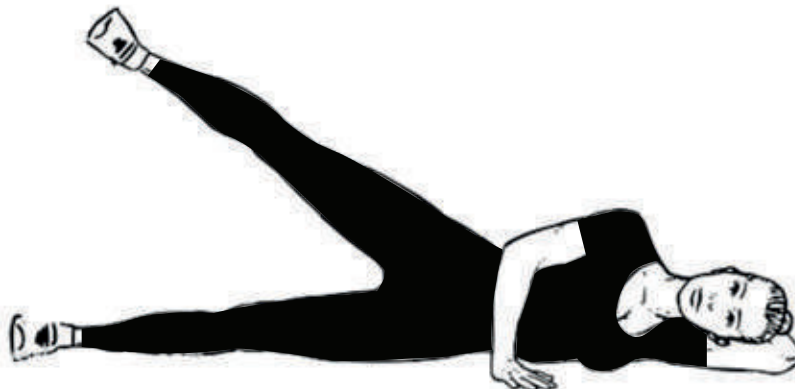
1. Kneel or Sit on the chair in such a position that your arms should be at shoulder width.
2. Extend your arms and firmly grab one side of resistance bands in each hand. Your palms should be facing forward and keep both arms straight.
3. Slightly bend forward by engaging your core and back.
4. Pull down the band with both hands simultaneously until it reaches your chest. Your shoulder blades should also go down during the movement.
5. Hold the position for 3 to 5 seconds and squeeze the Lat muscles.
6. Bring back to the original position, Do it slowly and gradually.
7. Repeat this activity at least 5-10 times that can be extended over time.

### **Back Extension**



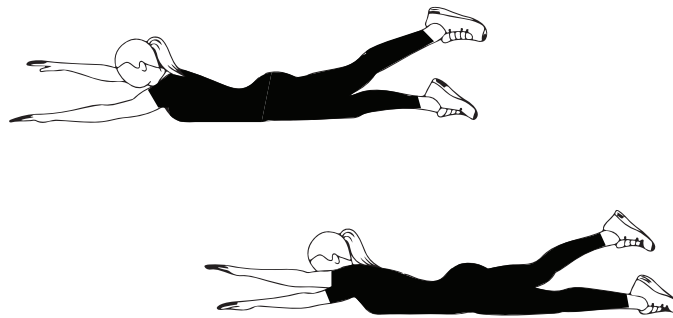
1. Lie down the center of the abdomen on the center of an exercise ball.
2. Press the balls by maintaining balance and feet into the ground.
3. Extend arms forward and bend at the waist towards the ground.
4. Slowly raise upper body toward the sky by engaging core body and keeping feet on the floor.
5. Hold the position for a few seconds and then slowly lower it down to the original position.
6. Repeat this activity at least 5-10 times that can be increased over time.

### **Lying Lateral Leg Raises**



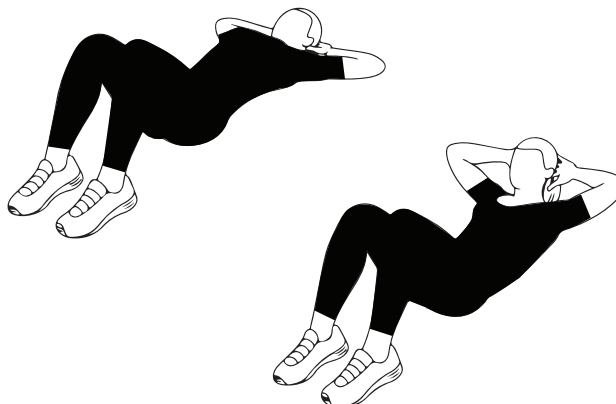
1. Lie down on one side on the floor or mat.
2. Keep your lower leg slightly bent on the ground.
3. Bend the upper arm and keep the hand on the upper side of the hip.
4. Keep the lower arm below your head to give support to it.
5. Engage your core by drawing your belly button in toward your spine.
6. Raise your upper leg without moving the rest of your body.
7. Hold the position for 2 seconds at the top.
8. Repeat it 10 times, then change the position and repeat the same procedure for another side of the body as well.

### Supermans



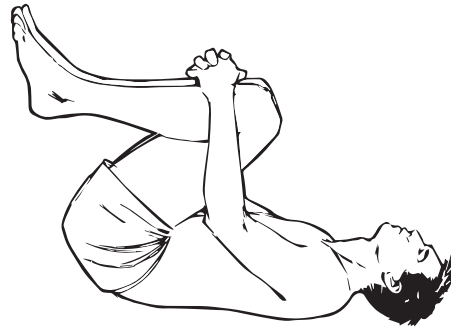
1. Lie down the front side of your body on the ground with extended arms out in front of you.
2. Raise your hands and feet off the ground approximately 6 inches, or until you feel a lower back contraction.
3. Ensure to look at the floor during exercise to prevent neck strain.
4. Hold the position for 2 seconds and then slowly return to starting position.
5. Repeat it 10-15 times and it can be extended when your body became habitual of it.

### Partial Curls



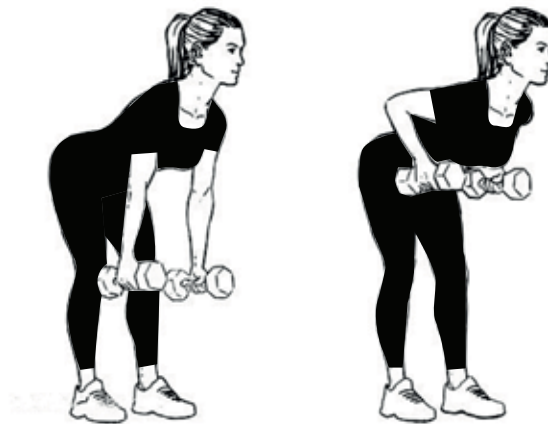
1. Lie down on the ground, keep your feet flat on the floor and your knees bent.
2. Cross your hands under your neck.
3. Take a deep breath and pull your belly button in toward your spine.
4. Slowly lift your shoulders off the ground a few inches by keeping your neck in line with your spine.
5. Hold the position for 2 seconds and then return to starting position.
6. Repeat it 10-15 times that can be increased over time.

### **Knee Hugs**



1. Lie down the upper body on the floor, with the knees bent, and keep the feet on the floor.
2. Grasp both knees with your hands and pull them toward the chest.
3. Hold it for 10-15 seconds.
4. Release them slowly.
5. Repeat this activity minimum of 5-times daily that can be extended over time.

### **Wide Dumbbell Row**



1. Hold a dumbbell in each hand and bend knees slightly in a position that palms facing thighs.

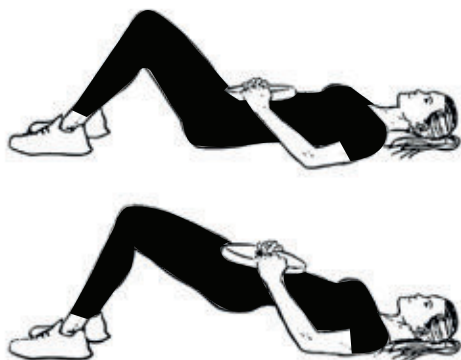
2. Keep core engaged and neck neutral while letting dumbbells hang down in front of you with elbows at a 90-degree angle from the core.
3. Pull the dumbbell up toward the ceiling and squeeze shoulder blades together.
4. Hold the position for a few seconds, or until you feel stretches in the lower back.
5. Return to starting position.
6. Repeat the activity at least 10-15 times.

### Lower Back Rotational Stretches



1. Lie back on the floor/mat with bent knees and feet flat.
2. Firmly keep the shoulders on the floor/mat, gently turn both bent knees over to one side.
3. Hold the position for 5–10 seconds.
4. Slowly return to the starting position.
5. Gently turn the bent knees over to the opposite side, hold, and then return to the starting position.
6. Repeat this activity 5-10 times daily or 3-5 times twice a day.

### Bridge



1. Lie down your back on the floor or mat with your bent knees and flat feet.
2. Tighten your abdominal and buttock muscles.

3. Slightly lift your hips that it makes a straight line from your shoulders to knees.
4. Hold the position for 2-3 seconds and return to starting position.
5. Repeat it 5-10 times daily.

**Note:** Don't overstretch your body; start the exercises at a slow pace that can be increased over time when your body becomes habitual of it. In case of any problem, visit your doctor immediately to discuss the issues and a better approach to deal with them.

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