Pelvic Tilt

Lie down on your bed or floor with knees bent. Tighten your abdominal muscles and begin to press your lower back into the bed or floor. Pause, then relax and repeat. Exhale (shhh) during the backward tilt movement phase. Inhale through the nose during the relaxation movement phase.

Bridging

Lie down on bed or floor with knees bent. Your hips are in neutral.

Lift bottom as high as comfortable off floor. Do not arch back. Pause, then return to starting position and repeat 10 times.

Inhale during the upward movement phase. Exhale during the downward movement phase.

Keep breathing in through your nose and out through your mouth. Lift your bottom high enough to get a good contraction. Hug your legs grasping under thighs after your exercise to relax your muscles.

Bent Knee Raise

Lie down on your back with knees bent. Tighten up your abdominal muscles. Think of your belly button pressing into your spine (pelvic tilt).

Lift your knees one at a time toward your chest. Hold for 5 seconds. Return each leg to the floor. You may use a strap to assist the leg.

Inhale during the upward movement phase. Exhale during the downward movement phase. Keep breathing in through your nose and out through your mouth. Make sure you don’t over-bend your knee joint. Place your palms on the floor for support and pull shoulder blades down toward hips.

[Curl Ups](https://eldergym.com/back-pain-symptoms/)

Breath in, then exhale as you lift your shoulders off the ground. Pause keeping tummy muscles tight. Return to starting position and repeat.

Inhale during the upward movement phase. Exhale during the downward movement phase. A little movement goes a long ways for strengthening.

Keep breathing in through your nose and out through your mouth. Protect your back by keeping it pressed to the floor. By placing your hands behind your head, you can give your neck extra support avoiding pain. Don’t lift too high. Perform diagonal curl-ups by directing your elbows to the opposite knee and work on the sides of your abdomen.

[Back Extension](https://eldergym.com/mid-back-pain/)

Begin by lying face down on your bed or the floor with your hands palm down by your shoulders. Begin to bring your head up with chin tucked and slowly arch your back. Push up to straighten your elbows. Return to starting position. Inhale during the upward movement phase. Exhale during the downward movement phase. Keep breathing in through your nose and out through your mouth. Maintain your hips on the floor.

Sit Backs

Sit with your knees bent and arms crossed over your chest. Exhale during the backward movement phase. Inhale during the forward movement phase.

Slowly sit back as far as comfortable. Return to the start position and repeat. Keep a straight back as you sit back.

Cat and Camel

Begin by getting on your hands and knees on your bed or the floor (only if you can safely get back up.) Keep your back in a neutral position. Round your back up and bring your head down to make the cat arching his back. Then reverse by allowing your back to relax forming the valley between the camel’s two humps. Return to starting position and repeat Inhale during the upward movement phase. Exhale during the downward movement phase. Keep breathing in through your nose and out through your mouth. Tighten your tummy muscles by drawing your belly button in and place your pelvis in a neutral position to start. If your wrists are painful, lower yourself onto your elbows or make fists for support. Use gardening pads if kneeling on the floor.

Keeping elbows straight, lift your back even higher by moving from the shoulders only. Then bring your shoulder blades together when lowering your back.