

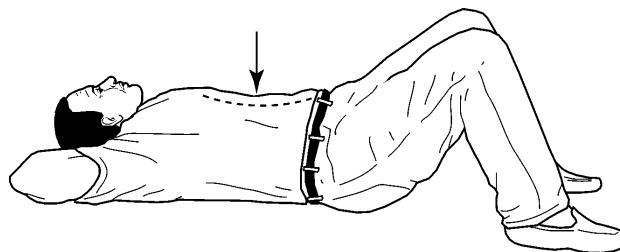
Exercises for Your Back

Most back pain is due to a lack of exercise or an injury. These exercises will help you move better and strengthen the muscles that support your back. Do the exercises slowly. If you have pain while doing these exercises, stop doing the exercises and talk to your doctor or physical therapist.

Lie on your back on a firm surface such as the floor or a mat. **Repeat each exercise _____ times.**

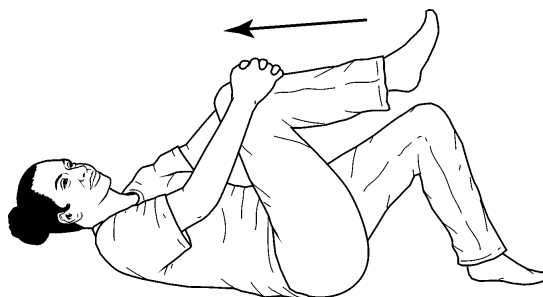
Pelvic Tilt

Tighten your stomach and buttocks. Push your lower back towards the floor. Hold for 10 seconds then relax.



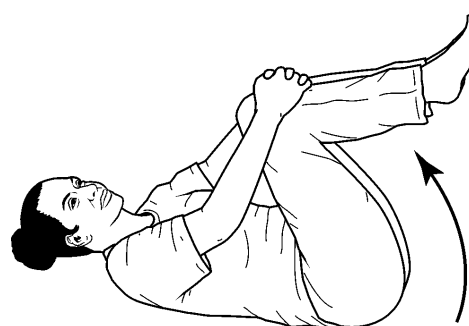
Knee to Chest

Pull one knee toward your chest until you feel a light stretch in your lower back and buttocks. Hold for 10 seconds then put your foot back down. Repeat this with the other knee.



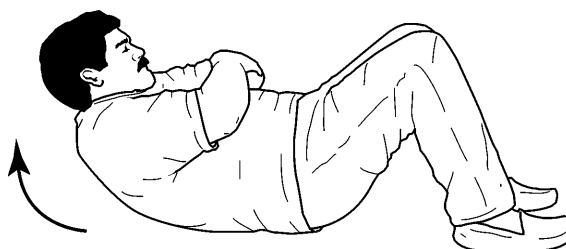
Double Knee to Chest

Slowly bring both knees to your chest. Hold for 5 seconds and keep your back relaxed and flat on the floor.



Curl Up

Bend your knees. Fold your arms across your chest and raise your shoulders until they come off the floor. Then slowly return to the starting position.



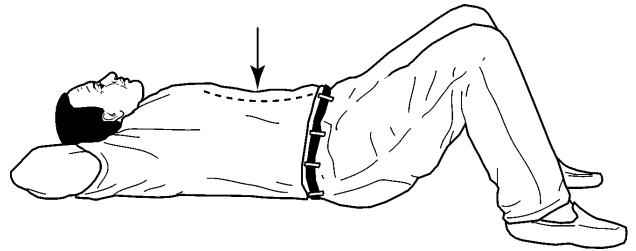
背部锻炼

大多数背痛是由于缺乏锻炼或由于受伤。这些锻炼会帮助您移动顺畅并加强支撑您后背的肌肉。做锻炼请慢慢进行。锻炼时若感到疼痛，请停止做这些练习并告知您的医生或理疗师。

请躺在坚实的表面，如地面或垫子上。重复每一练习 _____ 次。

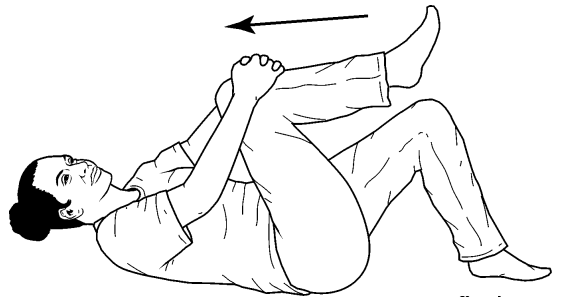
骨盆抬起

收紧您的肚子和臀部。将腰部往地面靠。保持 10 秒钟然后放松。



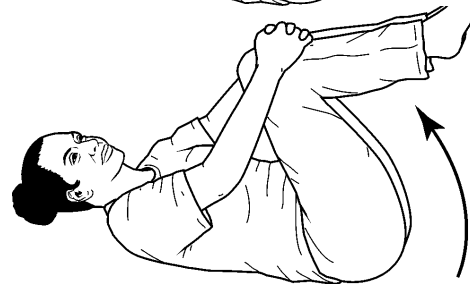
膝部抵胸

将一个膝部顶住胸直到您感到腰和臀部轻微拉伸。保持 10 秒钟然后把脚放下。用另一个膝部重复这一步骤。



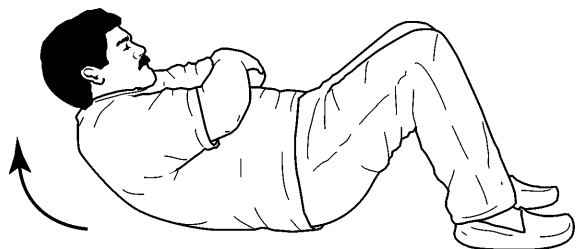
双膝抵胸

慢慢地将双膝顶住胸部。保持 5 秒钟并使背部平躺在地面放松。



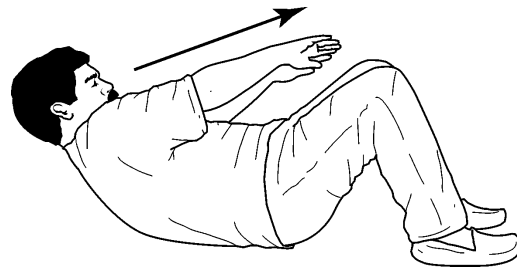
屈起

弯起膝部。双臂抱于前胸部并抬起双肩直到肩膀离地。然后慢慢回复到开始的姿势。



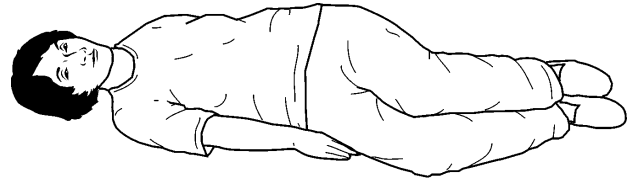
Diagonal Curl Up

With your arms held forward, lift your shoulders off the floor. Bring your right shoulder toward your left knee. Return to the floor. Then bring your left shoulder to your right knee.



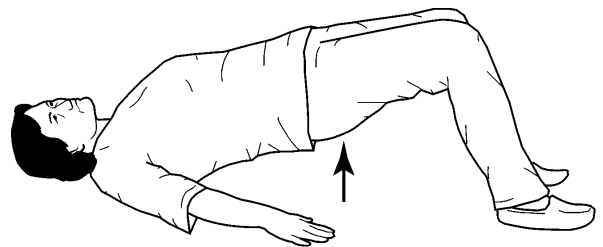
Hip Rolls

With your knees together, roll your hips slowly from side to side. Keep your shoulders on the floor.



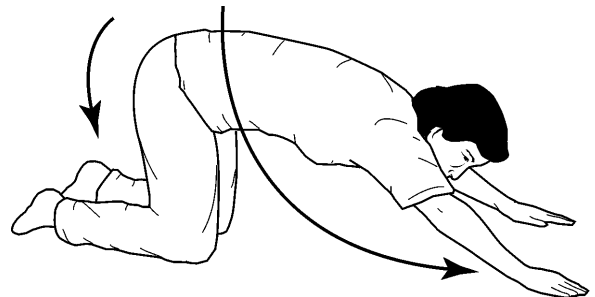
Bridge

Bend your knees and keep your feet flat on the floor. Lift your buttocks slowly up and then slowly return them to the floor.



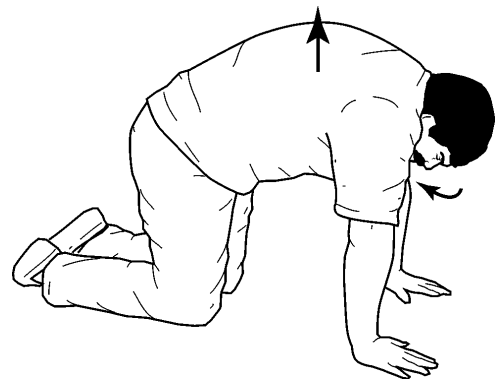
Low Back Stretch

On your hands and knees, push your chest toward the floor, reaching forward as far as you can. Sit back on your feet.



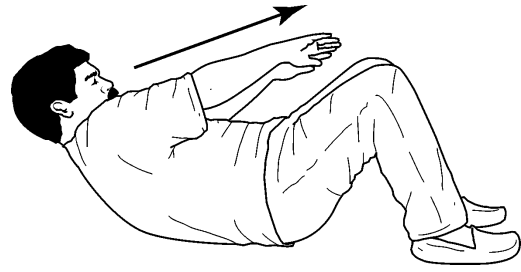
Cat Stretch

Start on your hands and knees. Tuck your chin in toward your chest and tighten your stomach muscles while arching your back.



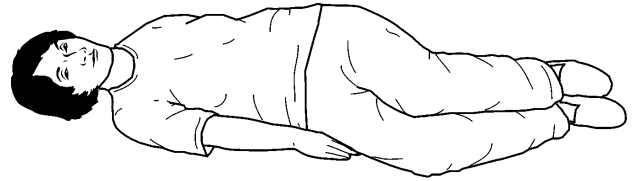
斜向屈起

双臂抱于前胸部，将双肩抬离地面。将右肩靠向左膝。回到地面。然后将左肩靠向右膝。



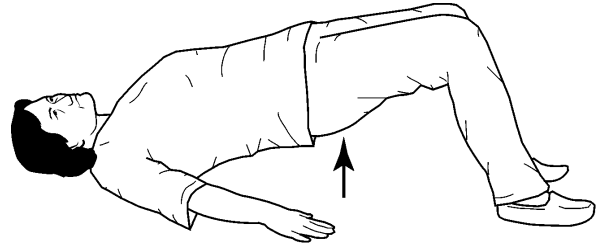
髋部翻转

并拢双膝，慢慢地将髋部从一侧翻向另一侧。将肩部保持靠地面。



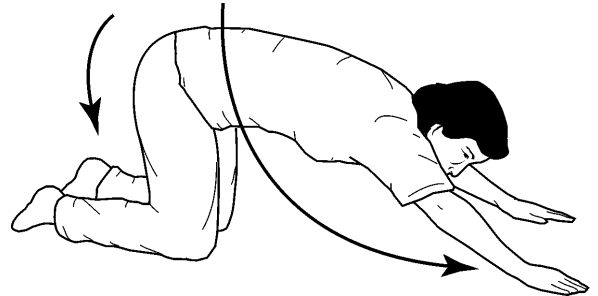
搭桥

弯起膝部并将双脚平放于地面。慢慢地抬起臀部，然后慢慢地回到地面。



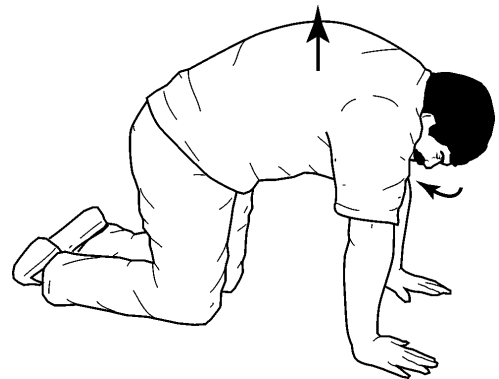
腰部伸展

用手和膝部撑住身体，将胸部尽量向地面贴靠。向后坐在双脚上。



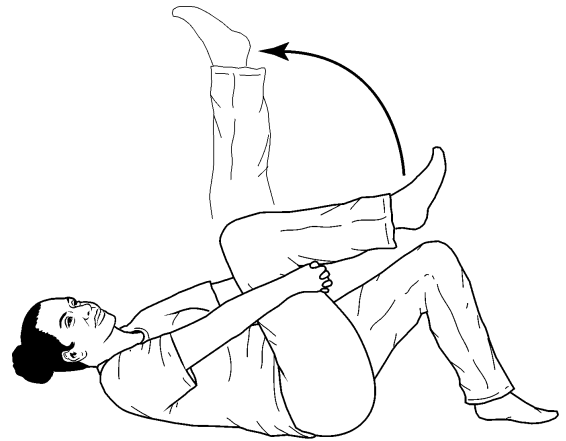
猫伸展

从双手和膝部开始。将下巴缩向胸部，收紧腹肌并弯起背部。



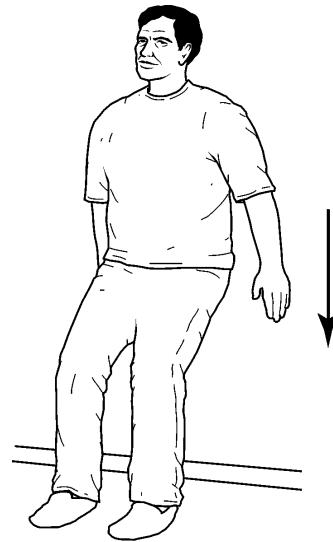
Hamstring Stretch

Lie on your back. Bend your hip and knee to 90 degrees. Then straighten your knee as far as possible. Repeat this exercise with the other leg.



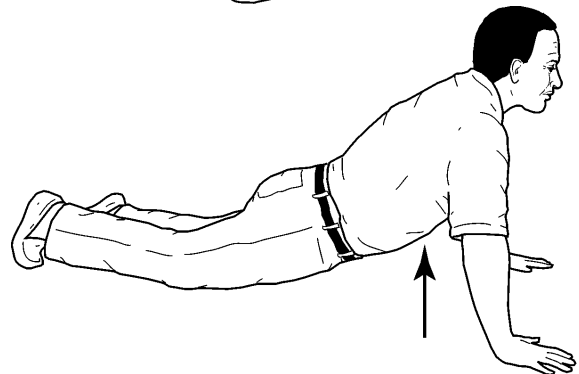
Wall Slide

Stand with your back against a wall and your feet about 12 inches or 30 centimeters from the wall. Bend your knees as you slowly lower your buttocks while sliding down the wall. Hold for 10 seconds.



Press Ups

Lie on your stomach. Push up with your arms while keeping your back and stomach muscles relaxed. Keep a slight bend in your elbows.

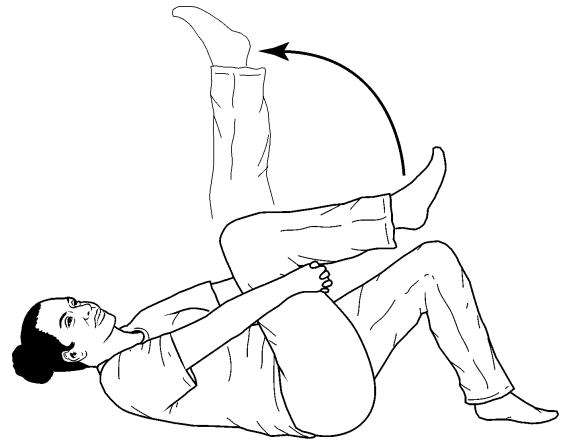


Aerobic exercises are also needed to have a healthy back. Aerobic exercises such as walking or swimming should be done 3-4 times a week for 30-45 minutes. **Talk to your doctor before beginning any form of exercise.**

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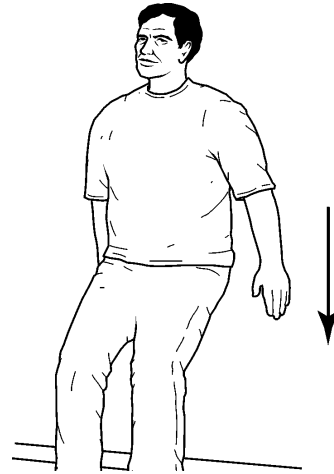
韧带伸展

请仰躺。弯起髋部和膝部至 90 度角。然后尽量向上伸直膝部。用另一条腿重复此练习。



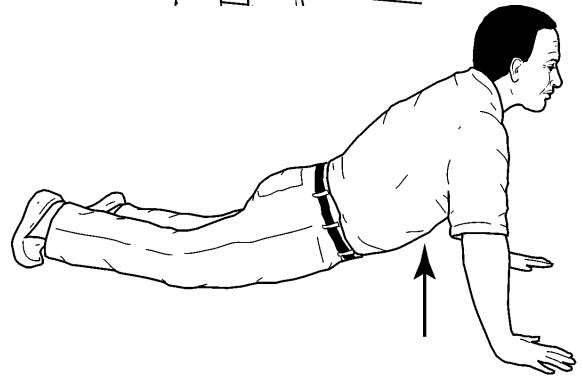
沿墙下滑

背靠墙站，双脚离墙 12 英寸或 30 公分。弯膝沿墙下滑时，慢慢地将臀部放低。保持 10 秒钟。



撑起

腹部朝下躺。用双臂撑起同时保持背部和腹部肌肉放松。肘部略微保持弯曲。



有氧锻炼也需要健康的背部。有氧锻炼，例如走路或游泳，应该一星期进行 3-4 次，每次 30-45 分钟。在以任何方式开始锻炼前先和您的医生谈一谈。

Exercises for Your Back. Simplified Chinese.

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