

5 EASY Exercises to Help Strengthen Your Back At Home

One of the worst things about injuring your back is that it stops you from doing so much of the stuff you love. Even if it's just a niggle, back pain can be excruciating—to the point that even the simplest of tasks becomes a huge challenge.

With over 80% of us struggling with back pain across our adult lifetime, keeping our backs in the best condition possible is super-important. Thankfully, that's easier than most people think:

Here are 5 easy exercises (to help keep your back in tip-top condition) that you can do while the dinner is on:

#1 Knee Rolls

1. Lie on your back
2. Place a flat cushion under your head
3. Keep your legs together
4. Bend your knees
5. Tuck your chin in
6. Roll your knees to one side, slowly followed by your pelvis
7. Hold and return to the starting position
8. Repeat the process 8-10 times each side

#3 Back Extensions

1. Flip over onto your front
2. Lie down, supporting your upper body on your elbows
3. Keep your shoulders back.
4. Arch your back up by pushing down on your hands
5. Hold for 10 seconds and return to the starting position, repeating this 8-10 times

#5 Side Planks

1. Lie on your right side
2. Keep in a straight line from your head to toe
3. Keep your elbow directly under your shoulder
4. Lift your hips off the floor
5. Keep your abdominals contracted
6. Maintain a good straight line
7. Make sure your hips are square
8. Keep your neck in line with your spine
9. Hold for 30 seconds
10. Repeat three times

#2 Hip Bridge

1. Stay on your back on the floor
2. Bend your knees and your feet flat on the ground at a hip-width apart.
3. Keep your arms relaxed by your side
4. Tense your buttocks as you lift your hips off the ground
5. Hold the position and slowly lower yourself to the ground, repeating this 8-10 times.

#4 Heel Sit

1. Get down on all fours
2. Keep your knees tucked under your hips
3. Place your hands directly underneath your shoulders.
4. Gently move your bottom backwards, towards your heels
5. Remember to maintain the natural curve in your spine
6. Return to starting position
7. Repeat the process 8-10 times

Do these exercises 3-4 times a week and you'll raise the chances of maintaining a healthy back well into the future!

Next Step

For more tips, tricks or treatment

[call 01274 270450](tel:01274270450)

and ask for David