

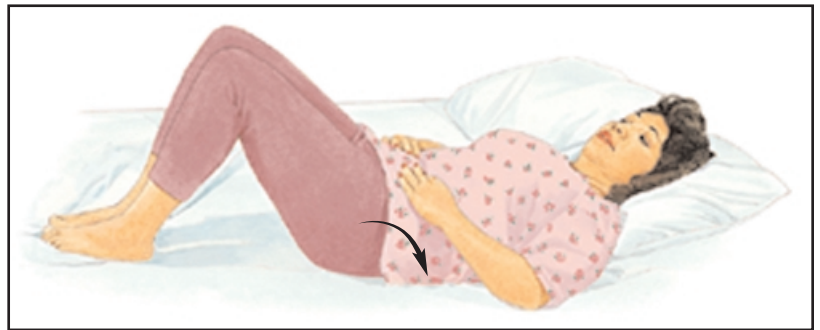


## Exercise After Back Surgery

Strong, flexible muscles help protect your back. Improve your strength and motion by doing the exercises shown here. At first, these may be easier to do on a bed than on the floor. Talk with your health care provider if doing your exercises causes new or lasting pain.

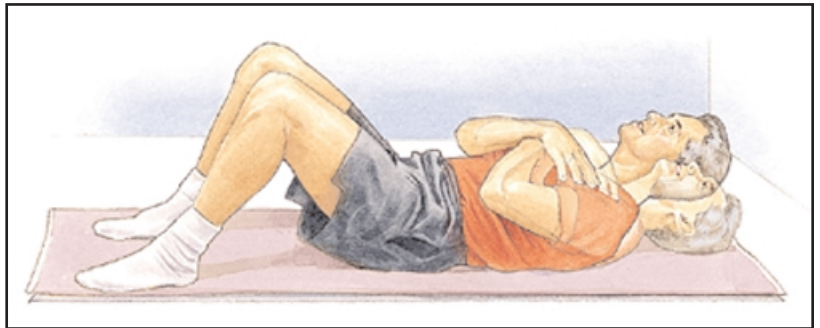
### Pelvic Tilt

- Lie on your back with your knees bent and your feet flat.
- Tighten your stomach muscles. Press down until the curve of your low back flattens against the bed or floor.
- Hold 10 seconds. Repeat 10 times. Do this twice a day.



### Partial Sit-Up

- Lie on your back with your knees bent and your feet flat.
- Slowly raise your head and shoulders off the floor.
- Hold 10 seconds. Repeat 10 times. Do this twice a day.



### Walk to Stay in Shape

- Take a few short walks each day. Increase your walking time as you heal.
- If you feel more pain than usual after an activity, you may have overdone it. Take it a little easier for a few hours.

### Notes