



THE VILLAGE AT
AUGSBURG
A National Lutheran Community

Relieve Your Back

Exercises to Help You Take Back Your Back

Back pain is no fun, but it can be helped by stretching your back and legs and strengthening your core. While it is quite a common issue for older adults, there are plenty of senior-friendly exercises you can do to take back your back! Here are five exercises to help fight back pain:



Seated gentle backbend

This exercise strengthens your spinal extensors, neck muscles and pectorals. Here is how you can perform seated gentle backbend

1. Start seated in a chair and rest your hands on your lower back.
2. Press your hands into your lower back and inhale.
3. Hold for five deep breaths and return to start.

Perform 3-5 times.

Arm raises

This exercise strengthens your upper back while also helping with shoulder stability. Here is how you can perform arm raises:

1. Start by positioning yourself on your hands and knees.
2. Lift your right arm and straighten it out in front of you.
3. Repeat with the left arm.

Repeat 10 times each arm

Seated twist

This exercise strengthens back extensors while engaging your core. Here is how you can perform seated twists:

1. Sit on the floor with your left leg extended and right leg bent so your knee is up.
2. Cross your right leg over the left by placing your foot down on the floor.
3. Place your right hand on the ground behind you and place your left elbow outside of your right knee, turning to look over your right shoulder.

Perform for 30-60 seconds each side.

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Bridging

This exercise strengthens back, hip flexors, buttock muscles and hamstrings. Here is how you can perform the bridge:

1. Lie on the floor with your knees bent.
2. Lift your bottom as high as comfortable off the floor.
3. Pause and return to start.

Perform 8-10 times.

Cat Camels

This exercise stretches and extends the lower back muscles. Here is how you perform Cat Camels

1. Start by positioning yourself on your hands and knees.
2. Slowly round your back while your head simultaneously goes down.
3. Then slowly return to the starting position.

Perform 8-10 times.

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