

Peter Ameglio, M.D.
*Orthopedic Surgeon
Foot & Ankle Surgery*

Brad Castellano, D.P.M
Foot & Ankle Specialty



Ronald D. Gardner, M.D.
*Arthroscopic Reconstructive Surgery
Joint Replacement*

Robert Martinez, M.D.
*Arthroscopic Shoulder Surgery
Joint Replacement*

3033 Winkler Avenue, Suite 100
Fort Myers, Florida 33916

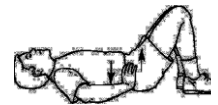
GardnerOrthopedics.com

Phone: (239) 277-7070
Fax: (239) 277-7071

LOW BACK EXERCISES AND STRETCHES

Pelvic Tilt

- Lie on your back with your knees bent and your feet flat on the floor. Breathe deeply and rest your hands on your pelvis. Relax.
- Tighten your stomach and buttocks, pressing your lower back into the floor and tilting your pelvis up.
- Hold for 5 seconds. Repeat 5 times, once daily.



Lower Back Rotation

- Lie on your back with your knees bent and your feet flat on the floor.
- Drop both knees to one side, while slowly rotating your head to the other side.
- Hold for 5 seconds. Repeat 5 times, once daily.



Double Leg Pull

- Lie on your back with both knees bent and your feet flat on the floor.
- Gently pull both legs to your chest as far as you can.
- Hold for 5 seconds. Repeat 5 times, once daily.



Hip Lift (Bridge)

- Lie on your back with both knees bent and your feet flat on the floor.
- With your stomach muscles tight and without arching your back, slowly raise your hips upward. Keep a straight line from your knees to your shoulders.
- Hold for 5 seconds. Repeat 5 times, once daily.



Crunches

- Lie on your back with your knees bent and your feet flat on the floor.
- Cross your arms across your chest and tuck your chin to your chest. Tighten your stomach and curl halfway up directly in front of you.
- Hold for 5 seconds. Repeat 5 times, once daily.



Single Leg Pull

- Lie on your back with one knee bent, your foot flat on the floor. The other leg should be straight. Rest your hands lightly on your stomach.
- Slowly pull the bent knee to your chest as far as you can while keeping your other knee and lower back pressed against the floor. Alternate legs and repeat. Hold each leg up for 5 seconds. Repeat 5 times each side, once daily.

