

Department of
PHYSIOTHERAPY

Back Strengthening Exercises



❑ Heel Slide



Hold ___ second(s).

Repeat ___ time(s).

Do ___ session(s) a day.

- i. Lie on your back facing up with both knees bent.
- ii. Maintain the natural arch of your back.
- iii. Slide one heel outwards by straightening your hip and knee.

❑ Alternate Heel Touch (Both Hips 90 Degrees)



Hold ___ second(s).

Repeat ___ time(s).

Do ___ session(s) a day.

- i. Lie on your back facing up.
- ii. Lift both heels up until your hips and knees are at a 90 degree position.
- iii. Maintain the natural arch of your back and slowly lower one heel down onto the floor. Alternate the other heel and repeat this movement.

☐ Hip Extension on all Fours



Hold ___ second(s).

Repeat ___ time(s).

Do ___ session(s) a day.

- i. Kneel on your hands and knees. Tighten your abdomen and buttocks.
- ii. Raise one leg behind. You may keep your knee slightly flexed.
- iii. Do not arch your neck or back. Keep your back flat.

☐ Hip Extension on Gym Ball (Knees Bent)



Hold ___ second(s).

Repeat ___ time(s).

Do ___ session(s) a day.

- i. Start in a kneeling position with your hands on the floor and a gym ball below your stomach.
- ii. Keep your _____ knee bent at 90 degrees, and lift your _____ leg up from the floor.

❑ Sit to Stand



Hold ___ second(s).

Repeat ___ time(s).

Do ___ session(s) a day.

- i. Start from a sitting position.
- ii. Lift your buttocks from the chair to stand up. Keep your knees vertically above your toes, and not in front of them.
- iii. Keep your body posture upright throughout this exercise.

❑ Double Leg Squat



Hold ___ second(s).

Repeat ___ time(s).

Do ___ session(s) a day.

- i. Start by standing upright, with both feet shoulder-width apart.
- ii. Bend your knees and lower your body downwards towards the chair before your knees go past your toes.

☐ Deep Lunge



Hold ___ second(s).

Repeat ___ time(s).

Do ___ session(s) a day.

- i. Start in a standing stride position, with your _____ leg forward.
- ii. Lower your body vertically downwards while bending both knees.

☐ Single Leg Stance



Hold ___ second(s).

Repeat ___ time(s).

Do ___ session(s) a day.

- i. Lift your _____ leg off the floor, and attempt to balance on your _____ leg only.
- ii. Keep your knees soft and your toes relaxed.
- iii. Start with your eyes open. Close your eyes to increase the difficulty of this exercise.

☐ Clamshells



Hold ___ second(s).
Repeat ___ time(s).
Do ___ session(s) a day.

- i. Lie on your side with one hand stabilizing your pelvis. Lift the top knee upwards towards the ceiling.
- ii. You should feel a firm contraction at the side of your upper buttock.

☐ Prone Leg Raise



Hold ___ second(s).
Repeat ___ time(s).
Do ___ session(s) a day.

- i. Lie face down on your stomach.
- ii. Place a pillow under your abdomen and a towel under your forehead.
- iii. Bend your knee at 90 degrees.
- iv. Lift your thigh 20 centimetres off the floor without arching your back.
- v. You should feel a firm contraction in your buttock.

❑ Abdominal Crunch



Hold ___ second(s).
Repeat ___ time(s).
Do ___ session(s) a day.

- i. Lie on your back facing up with both knees bent. Tuck your chin in.
- ii. Bring your hands towards your knees, by curling your upper body and lifting your shoulder blades off the floor.

❑ Bridging



Hold ___ second(s).
Repeat ___ time(s).
Do ___ session(s) a day.

- i. Lie on your back facing up with both knees bent.
- ii. Raise your hips off the floor and feel the contraction in your buttocks.

❑ Bridging with Single Leg



Hold ___ second(s).
Repeat ___ time(s).
Do ___ session(s) a day.

- i. Lie on your back facing up with one knee bent. Straighten your ____ leg.
- ii. Raise your buttocks from the floor, and keep your legs levelled with your thigh (as shown in the image).

Clinic B1C

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